BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

22-28 MARCH 2025

TV & Satellite Week

NEW

This City Is Ours

Sean Bean heads up a ruthless crime family

NEW

HOLLAND

Nicole Kidman joins **Matthew Macfadyen** for a twisted thriller

NEW

DAVID BLAINE: DO NOT ATTEMPT

The magician's most dangerous stunts ever

HotList This week's 28

Saturday 22

World Athletics Indoor Championships

***ATHLETICS** BBC2, from 10.30am*

Day two from Nanjing, China. Events include the women's 400m and men's 3,000m finals. The action concludes tomorrow. *See Sport Week, page 28*

99 to Beat

***GAME SHOW** ITV1, 6pm*

Brothers Adam and Ryan Thomas (both above) host this new game show, in which 100 contestants from all walks of life go head-to-head in a range of games, and the main rule is: don't come last.

Big Night of Musicals

***ENTERTAINMENT** BBC1, 6.50pm (Wales, BBC2)*

Jason Manford hosts this all-singing, all-dancing spectacle, featuring performances from Marisha Wallace, Daniel Mays, Michael Ball and others.

Plane

***ACTION THRILLER** C4, 9.15pm*

Plane-set films seem to be trending – see Josh Hartnett in *Fight or Flight* – and this one stars Gerard Butler as a pilot who allies with a suspected killer to save his passengers. *See review, page 25*

■ Full listings start on **p35**

Sunday 23

F1: Chinese Grand Prix

***MOTORSPORT** Sky Sports Main Event & Sky Sports F1, race starts 7am*

Round two sees the action move to the Shanghai International Circuit, where Red Bull driver Max Verstappen (above) was victorious last year.

This City Is Ours

***DRAMA** BBC1, 9pm (box set, BBC iPlayer)*

James Nelson-Joyce (above) stars as Michael, who's involved in organised crime. When Michael falls for Diana, he starts to picture himself in another life – but at what cost? *See feature, page 4*

Protection

***THRILLER** ITV1, 9pm*

As the drama deepens, DCI Hannah Wheatley (Katherine Kelly, above) suspects colleague DI Liz Nyles (Siobhan Finneran) is hiding a murderous secret... Continues on Tuesday. *See feature, p7*

Ken Dodd: A Legacy of Happiness

***PROFILE** BBC2, 9pm*

The Liverpudlian comedian (above), who died in 2018, is profiled in this one-off, which uses home movies and extracts from notebooks he wanted destroyed.

■ Full listings start on **p45**

Monday 24

David Blaine: Do Not Attempt

***FACTUAL** Disney+*

Magician David Blaine meets people who perform death-defying feats. Also airing weekly on National Geographic (Thu, 9pm). *See feature, page 11*

Crongton

***COMEDY DRAMA** BBC3, 7pm, 7.25pm & 7.55pm (box set, BBC iPlayer)*

Coming-of-age comedy drama about Lemar, AKA Liccle Bit, who is trying to deal with the trials and tribulations of growing up on an estate. Continues all week.

World Cup Qualifier: England v Latvia

***FOOTBALL** ITV1, kick-off 7.45pm*

With 136 places separating the two sides in the world rankings, England will be confident of a result against Latvia, who have never qualified for a World Cup.

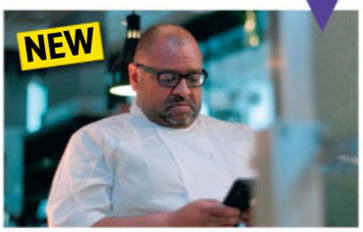
Love and Loss: The Pandemic 5 Years On

***DOCUMENTARY** BBC1, 8.30pm*

This emotional 90-minute special – airing in the week of the fifth anniversary of lockdown – reveals untold stories of those bereaved due to Covid-19.

■ Full listings start on **p55**

Tuesday 25



Con Mum

***DOCUMENTARY** Netflix*

The jaw-dropping true story of a woman who claimed to be a pastry chef's birth mother and set about introducing him to an opulent lifestyle – but all was not as it seemed... *See Your Watchlist, page 16*

A League of Their Own: The Rally

***ENTERTAINMENT** Sky Showcase & Sky Max, 9pm (box set, Sky Box Sets & NOW)*

Jamie Redknapp, Jill Scott, Micah Richards (all above) and pals compete in a race to Turin. *See feature, page 12*

Neil & Martin's Bon Voyage

***TRAVELOGUE** U&Gold, 9pm (box set, Sky Box Sets, Virgin TV Box Sets & NOW)*

Men Behaving Badly stars Neil Morrissey and Martin Clunes (both above) reunite for a trip in France. *See Documentaries, p20*

The Change

***COMEDY DRAMA** C4, 10pm & 10.30pm (box set, Channel 4)*

Menopausal Linda (Bridget Christie) is back for a second series. Will the Eel Queen go home willingly with husband Steve? *See feature, page 12*

■ Full listings start on **p65**

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Wednesday 26

The Studio
COMEDY Apple TV+
Seth Rogen (above) stars as Matt Remick, the newly appointed head of a Hollywood film studio – a job that he quickly learns could destroy everything he's ever worked for. *See Your Watchlist, page 14*

Side Quest
COMEDY Apple TV+
In this companion to the US comedy series *Mythic Quest*, we follow four stand-alone stories focused on game players, comic-shop owners and musicians. *See Your Watchlist, page 17*

Million Dollar Secret
REALITY Netflix
Take a concept like *The Traitors*, throw in a box with $1 million, and you have this new reality show, in which the person with the cash has to hide this fact from the rest of the players. *See Your Watchlist, page 16*

Rose Ayling-Ellis: Old Hands, New Tricks
DOCUMENTARY BBC1, 9pm (box set, BBC iPlayer)
The actor meets residents at a retirement village who are taking on the challenge of learning British Sign Language.

■ Full listings start on p75

Thursday 27

Holland
THRILLER Prime Video
Nicole Kidman (above) stars as a woman who lives a seemingly perfect life with her husband (Matthew Macfadyen) – until she starts to suspect something strange is going on... *See feature, page 6*

Bosch: Legacy
CRIME DRAMA Prime Video
The third and final season sees private investigator Harry Bosch (Titus Welliver, above) rocked by the disappearance of a family, while Honey Chandler (Mimi Rogers) looks set to become the new DA.

Douglas Adams: The Man Who Imagined Our Future
PROFILE Sky Arts, 8pm
A profile of the *Hitchhiker's Guide to the Galaxy* author (above), exploring his ideas on the universe. *See Documentaries, p21*

Brianna: A Mother's Story
DOCUMENTARY ITV1, 9pm
In February 2023, transgender teenager Brianna Ghey (above) was lured to a Cheshire park and stabbed 28 times. This documentary looks into her murder, which sparked a campaign for change.

■ Full listings start on p85

Friday 28

Alexander and the Terrible, Horrible, No Good, Very Bad Road Trip
COMEDY Disney+
The Garcia family set off on a holiday, during which anything that can go wrong does go wrong. Eva Longoria stars.

The Life List
DRAMA Netflix
In what reads as a mother-daughter spin on *P.S. I Love You*, Alex (Sofia Carson, above) receives video messages from her recently passed mum, encouraging her to revisit her teenage dreams.

Beyond Paradise
CRIME DRAMA BBC1, 8pm
We return to Shipton Abbott for a third series, and Martha (Sally Bretton) and Humphrey (Kris Marshall) have their hands full... Hugh Dennis guest-stars. *See feature, page 8*

My Brain: After the Rupture
DOCUMENTARY BBC2, 9pm (times vary)
In 2020, broadcaster Clemency Burton-Hill (above) suffered a brain haemorrhage that left her unable to talk or walk. Here, we follow her recovery process.

■ Full listings start on p95

22-28 MARCH 2025

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Jamie Phelan
Jack McMullen
Ronnie's son craves his attention and has recently become a father himself, but his behaviour causes ructions.

Ronnie Phelan
Sean Bean
The crime boss runs a Liverpool gang, but his plans for retirement are soon scuppered and his world implodes.

Elaine Phelan
Julie Graham
The warm but no-nonsense matriarch is married to Ronnie and is keen for her son to take over from him one day.

A Liverpool **crime family is torn apart** in a thrilling drama dubbed the 'Scouse *Sopranos*'

DEADLY

NEW DRAMA

This City Is Ours

Sunday, 9pm, BBC1 (box set, BBC iPlayer)

Inside a majestic church in Liverpool, a group of family and friends are kitted out in all their finery to celebrate a christening. But beneath the smiles and sharp suits, dark tensions are bubbling…

TV&Satellite Week is on set to watch filming for compelling BBC1 drama *This City Is Ours*, which centres on gang boss Ronnie Phelan (Sean Bean) and his close-knit band of associates, who are involved with organised crime in Merseyside and run a lucrative operation shipping in drugs from Colombia.

Ronnie is now contemplating a happy retirement with wife Elaine (Julie Graham). But matters take an unsettling turn when the gang renegotiates its arrangement with the Colombians to make more money. After a shipment of cocaine then goes missing, Ronnie starts to suspect that skulduggery is afoot within his ranks…

UNDER THREAT

'This is a story about a family on the verge of being destroyed by ambition, pride and greed. It's profound, funny, shocking and sinister – but real,' says Bean.

'By page nine of the script, I knew that I wanted to be Ronnie. He's eyeing up retirement, just as a rival organisation is preparing to attack. It means taking drastic action, which has repercussions. But the gang are trapped by their own successes and the corruption of power that inevitably surrounds it.'

As the fallout continues, there are also questions over whether Ronnie's loose-cannon son Jamie (Jack McMullen) or loyal aide Michael Kavanagh (James Nelson-Joyce), who has been Ronnie's right-hand man for years, should take over the reins of his empire. And the rivalry between the two young men swiftly escalates…

'Ronnie has been a father figure to Michael; they're close and Michael respects him and has helped him build up the business and is a calming influence,' shares Nelson-Joyce as we sit down with him in a room at the back of the church during a filming break.

'However, Michael's relationship with Jamie is fractious. Jamie believes the business is his natural birthright, whereas Michael believes he has deserved it through his experience. It's a conflict between them.'

While the gangland feuds are the backdrop to the drama, which has been dubbed the 'Scouse *Sopranos*', its main focus is the men's complex relationships with each other and with their partners. Centre stage is the passionate love story between Michael and his girlfriend,

Jamie Phelan (Jack McMullen)

WORDS: CAREN CLARK. PHOTOS: BBC

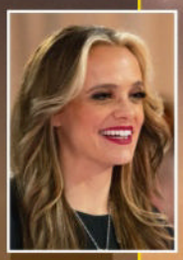
Diana Williams
Hannah Onslow
Michael's level-headed girlfriend wants a baby but her troubled upbringing with mum Lesley (Leanne Best) haunts her.

Michael Kavanagh
James Nelson-Joyce
After serving Ronnie well for decades, the ambitious gangster grows conflicted about where his future should lie.

DYNASTY

ALSO IN *THIS CITY IS OURS*

Rachel Duffy
Laura Aikman
Ronnie and Elaine's niece is married to their associate Bobby (Kevin Harvey) and is keen to be part of the business herself.



Cheryl Crawford
Saoirse-Monica Jackson
The brittle wife of Ronnie's underling Davy (Stephen Walters) warns Diana about the life she is entering.

Can the family survive?

Diana Williams (Hannah Onslow), with whom he is undergoing fertility treatment.

'Michael's sole purpose is building a pot of money big enough to start afresh with a wholesome new life,' explains Nelson-Joyce, whose credits include *Time* – in which co-starred with both Bean and McMullen – and *A Thousand Blows*.

'Before meeting Diana, he was proud of his job and didn't question it. Now, it's the first time he's been in love, so there's a battle to keep his two lives separate and protect Diana. It's about the lies you tell to keep everyone happy. But Diana starts to question whether she wants to raise a child with this man.'

While some of the drama is set in Spain (see panel, right), most of the series was filmed in and around Liverpool.

'Liverpool is its own little universe. There's solidarity – we back each other and stick together because of what happened with the decimation here in the 1980s,' explains Nelson-Joyce, who hails from the city. 'We're proud of where we're from and who we are, and beauty comes through in our architecture and our culture.'

'This city is always a joy to visit and work in. It's been good to me and has a special place in my heart,' adds Bean, who has filmed several series there including *Time* and *Broken*. 'It looks brilliant on film, from the waterfront to Chinatown. *This City Is Ours* is a great title because it's defiant and triumphant.'

COSTA DEL CRIME

While the series is predominantly based in Liverpool, several scenes are set in Spain, where the gang congregates at Ronnie and Elaine's villa.

Other locations include a multimillion-pound cliffside villa that belongs to the South American cartel in the show, while scenes were also shot in one of Spain's national parks.

'We shot in Marbella and had a great time,' says the show's producer Simon Maloney. 'We set Ronnie's villa there because the Costa del Sol is a gateway to Europe. Unfortunately, an enormous amount of cocaine flows through there and many crime gangs work in the area.'

Ronnie (Sean Bean) in Spain

NEW FROM prime video

Perfect *harmony?*

Nicole Kidman and Matthew Macfadyen are a married couple with secrets in a *The Stepford Wives*-style thriller

NEW THRILLER

Holland

From Thu 27 March, Prime Video

Nothing is as it seems in Oscar-winner Nicole Kidman's explosive new Hitchcock-style mystery thriller *Holland* on Prime Video, which is set in the picture-perfect suburbs of Holland, Michigan, famed for its pretty windmills and tulip festivals.

Kidman plays teacher and 'trad wife' Nancy Vandergroot, who lives what she thinks is an idyllic life with her seemingly respectable eye-doctor husband Fred, portrayed by *Succession* star Matthew Macfadyen.

'When we meet Nancy, nothing in particular about her life is going wrong,' says Kidman, 57, who's recently starred in the streaming series *Lioness*, *The Perfect Couple* and *Nine Perfect Strangers*.

HAVING DOUBTS

'We see her house and family, and she's a picture of what we're told success and stability look like. But we very quickly see that, even though her life appears all well and good, she doesn't feel like it is. I think a lot of people can connect to that feeling.

'Nancy sees Fred as her rock, her source of stability. He is perfect. He gives Nancy everything she asks for. So, why does she feel this dissatisfaction?'

Things take a menacing turn when Nancy stumbles across a metal box in the garage filled with Polaroids. And their contents give her the chilling feeling that her life isn't as

Fred (Matthew Macfadyen) and Harry (Jude Hill)

Gael García Bernal as Dave

blissful as she thought…

To satisfy her curiosity and her gnawing suspicion that 'perfect' churchgoing, community-minded Fred could be leading a double life, Nancy enlists the help of her friend and colleague Dave Delgado (Gael García Bernal).

'When Nancy feels invisible or stuck in a rut in her life, Dave sees and appreciates Nancy in a way no one else does. Through Dave's eyes, Nancy is able to understand herself again,' explains Kidman.

As the pair follow the clues and unearth family secrets, events take a threatening turn, leaving Nancy's entire life in free fall, as she discovers that nothing is as she thinks it is – not even herself…

'This is a story that you think is one thing but then it turns into something entirely different, and that's always the most enjoyable journey for an actor,' says Norfolk-born Macfadyen, 50.

'Fred's a descendent of Dutch immigrants, well liked in the town, a stalwart church member and a man who's particularly keen on working every night on his model train set. He's a character I could have a lot of fun with by dialling things up or down depending on the scene.'

The thriller, written by Andrew Sodroski, also features teenage actor Jude Hill, who's starred in *A Haunting in Venice* and *Belfast*, as Nancy and Fred's beloved son Harry.

UNDER THE SURFACE

Kidman says that at its heart, it's a film about Nancy's contradictions and suspicions.

'*Holland* is dark, funny, suspenseful, but also thrilling, romantic and relatable and empowering,' she shares. 'We track Nancy's emotional journey and make sure viewers see past her life's picturesque veneer and feel her underlying discomfort and desires.'

WHAT'S NEXT FOR KIDMAN?

Recently seen in erotic-thriller movie *Babygirl*, Nicole Kidman will next appear in two very different series, both expected on screens later this year.

In Apple TV+'s eight-part drama *Margo's Got Money Troubles*, she teams up with Elle Fanning and Michelle Pfeiffer in a story about a down-on-her-luck woman who becomes pregnant after an affair with her English professor.

Meanwhile, she also takes on the role of chief medical examiner Kay Scarpetta in Prime Video series *Scarpetta*, based on the hit Patricia Cornwell books, with Jamie Lee Curtis as her sister, Dorothy.

'We're producing it together and we're in it together – and that's glorious,' says Kidman of Curtis. 'She's unbelievable. She's a force!'

With *Babygirl* co-star Harris Dickinson

Stars Katherine Kelly and Siobhan Finneran

HARD evidence

Did Liz have a hand in the **shocking double murder**?

THRILLER

Protection

Sunday & Tuesday, 9pm, ITV1

DCI Hannah Wheatley hoped DI Liz Nyles would prove a powerful ally when informant Jimmy McLennan and his wife were murdered in the opening episode of ITV1 crime thriller *Protection*.

However, as the six-part series continues this week, Hannah is convinced the witness-protection officer had a hand in the killings. Because Liz was responsible for the safety of Jimmy, who was due to be a star witness in the trial of Eddie Crowther, Hannah thinks her colleague helped the kingpin bump off his former employee.

'Hannah is new to the force,' says Katherine Kelly, who plays her. 'But Liz comes from a policing family, so at the start Hannah thinks that Liz could be really helpful, maybe even a bit of a mentor. But those hopes are quickly dashed.'

Her suspicions are aroused by evidence linking Liz (Siobhan Finneran) to DS Paul Brandice (Barry Ward), a new member of Liz's team with whom she has been having an extramarital affair.

Paul was at the McLennans' safe house on the day of the murders – despite not working on the case – and Hannah also found a host of surveillance photos of Liz in his car. But Liz denies any connection and is desperate to prove her innocence.

'As the story unfolds, you see that no one can be trusted,' says Kelly, 45. 'There are so many twists and turns.'

Barry Ward as DS Paul Brandice

Liz and Hannah might be at loggerheads on screen, but Kelly was delighted to be reunited with her old friend Finneran, after the pair starred together in Season 2 of *Happy Valley* in 2016.

'It was really nice to spend time with Siobhan on and off screen again,' explains Kelly, who visited Merseyside Police to help her play her detective role.

'I felt policing had changed a lot since I did *Happy Valley*, so I spent a day on Merseyside as research,' she says. 'One of the perks of this job is getting these exclusive passes into worlds that most people are never let into.'

WORDS: HANNAH DAVIES, SEAN MARLAND. PHOTOS: ITV, PRIME VIDEO, ©MISS GABLER PRODUCTIONS LLC

A match made in DEVON

Happy couple **Martha and Humphrey face new challenges** as the *Death in Paradise* spin-off returns

Sally Bretton and Kris Marshall as Martha and Humphrey

NEW CRIME DRAMA
Beyond Paradise
Friday, 8pm, BBC1

In the last series of BBC1's *Beyond Paradise*, DI Humphrey Goodman (Kris Marshall) and Martha Lloyd (Sally Bretton) realised their long-awaited wedding day was becoming far too extravagant for their liking and ultimately decided to stay unmarried for the time being.

As the Devon-set *Death in Paradise* spin-off begins its third outing, the couple remain deeply in love, but soon face new challenges. With Martha deciding to move her restaurant, Ten Mile Kitchen, to bigger premises, the couple find themselves struggling to make time for each other, which leaves them wondering if they can commit to fostering a child in the long-term as they'd hoped.

Here, Marshall, 51, and Bretton, 44, tell *TV&Satellite Week* what's in store for their characters…

How are Humphrey and Martha doing at the start of the series?

Bretton They had that lovely non-wedding, where they were committed to one another but weren't going to get married in a way that didn't feel right for them, so they're in a happy spot and very together.

Marshall They are a strong, quirky couple and they embrace each other's strengths and flaws. We find them in a really good place, which is needed because they are on this fostering journey, which has its own challenges.

What happens when they're approached about fostering a young girl, Rosie?

Bretton What's new is that Rosie [played by Bella Rei Blue Stevenson] stays with them for quite a long time, whereas their other two placements have just been stopgaps. They have to learn things fast, and embrace the juggling that they've never had to do before. It's a steep learning curve, but they are thrilled to have her.

Marshall With Rosie, there's a bit more reality about it in terms of the day-to-day of being a parent: doing the school run, trying to guide them through life a little bit and show them right and wrong.

DI Humphrey Goodman and DS Esther Williams

The opener sees Humphrey and DS Esther Williams (Zahra Ahmadi) working alongside two Cornish detectives – DI Jacob Tremayne (Steve Oram) and DS Fenella Foster (Gabby Best) – when a body is found on the Cornwall/Devon border…

Marshall I love the idea of Humphrey and Esther coming up against their Cornish counterparts! Their introduction could be a bit of a runner, actually, because I think it's our head writer and creator Tony Jordan's nod to the fact that we film *Beyond Paradise* in both Devon and Cornwall – up and down the Tamar Valley on both sides.

What other cases can we look forward to in this series?

Marshall It's classic *Beyond Paradise*, in the sense that they're quite representative of the environment – the rural wildness and rugged beauty. We've got one at a regatta, where someone is trying to stop a sailor from winning, and we've got a kidnapping – that one's brilliant. The way it's solved is genius!

You film a lot in the Cornish town of Looe on the south coast. Were you welcomed by the locals when you returned to work on Series 3?

Marshall Yeah, we were. Film crews

WORDS: STEVEN PERKINS, ALISON SLADE. PHOTOS: BBC, ITV

don't really go unnoticed, do they? – I think that our crew is about 120 people at times, and then there's all the trucks, lights and cameras. It can be a challenge, but we are shown so much love by the good people of Devon and Cornwall.

Bretton And we're never there for too long, are we? We're only in one place for a little bit and then we move on. I think living permanently with a film crew would get old fast, so hopefully we don't outstay our welcome with the locals!

ARCHIE'S BACK!

Jamie Bamber on reprising his role of Martha's former flame

When Humphrey and Martha first moved to Shipton Abbott, Martha went into business with Archie Hughes (*Strike Back*'s Jamie Bamber), a charming local businessman who also happened to be her ex-boyfriend. Archie still carried a torch for Martha, but she made it clear his feelings weren't reciprocated, and bought him out of the restaurant after he tried to kiss her.

Archie was absent for the second series, and Bamber assumed that was the end of the character's story – until he was approached about a comeback.

'Characters are there to serve a purpose in the story, and I thought I'd done that in making Humphrey and Martha's new life in Devon a little more complicated,' Bamber, 51, tells *TV&Satellite Week*. 'So I was delighted when Tim Key, the producer, threw this little idea out about Archie's return, and I thought it was a great take.

'Archie has tried to learn some life lessons. He's come back with nothing but good intentions...'

Jamie Bamber as Archie

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Killer Rob is desperate

CORONATION STREET

Rob holds Carla hostage... and someone is shot

» **Escaped convict Rob Donovan** is in a bad way as he hides out at the home of ex-fiancée Tracy. With his wound from where he donated a kidney to sister Carla seriously infected, the odds of him fleeing the country look somewhere between low and zero.

Clutching a gun, the desperate killer demands Tracy bring Carla to him, and the florist persuades her to come over on the premise that she has a business proposition for her.

Carla's horrified to come face to face with her sibling, and as he holds her hostage, it seems Rob is now focused on getting revenge – Carla nearly killed him when she pushed him down the stairs of a disused office block. He's also gunning for her partner Lisa, who lied that she'd get his murder conviction quashed if he agreed to be Carla's donor.

Can Lisa come to the rescue?

Lisa soon gets wind of the drama that's unfolding, and she's desperate to save Carla from Rob's clutches.

But as she arrives on the scene, a gunshot is fired. Who has taken a bullet?

» **PLUS** Jenny and Daisy's relationship goes from bad to worse, Todd's drawn to scaffolder Theo, Sean gets a burner phone to Dylan, Dee-Dee fears her baby is coming, and Debbie accuses Mick of stealing from her.

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ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Avani is traumatised after being strip-searched by the police (above), Phil and Nigel reveal each other's secrets, Linda goes on a date, Gina and Anna compete for a job at Harry's Barn, and George has an idea to help the men of the Square.

EMMERDALE

» Caleb (right) disappears, Ella makes false accusations about Chas, Jai investigates what happened to Anthony, Kammy starts working at the garage, and Marlon hides a letter from Dylan to April.

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Maidstone, 48 Upper Stone St ME15 6HA
Milton Keynes, Erica Road MK12 6HS
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MIDLANDS

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Leicester, St Georges Way LE1 1SH
Lincoln, Bishops Trade Park LN2 4JZ
Nottingham, Castle Park NG2 1AH
Stoke, Tunstall Trade Park ST6 4SE

NORTH

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Leeds, Spence Lane LS12 1EF
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Brighton, 75 Upper Brighton Rd BN15 0JQ
Eastbourne, Hillier Garden Cntr BN24 5BS
Southampton, Romsey Road SO16 9GJ

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Bristol, Taurus Road, Patchway BS34 6FB
Cheltenham, Kingsditch Rtl Park GL51 9LX
Exeter, Bridford Rd EX2 8QX

SCOTLAND

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WALES

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COBRA king!

David Blaine kisses a deadly snake in his new globetrotting magic showcase

NEW FROM Disney+

NEW FACTUAL

David Blaine: Do Not Attempt

From Monday 24 March, Disney+ (first two eps from 24 March, then weekly), & Thursday, 9pm, National Geographic

He's been buried alive, shackled to a rotating gyroscope and suspended from a crane in a glass box for 44 days with no food. Now, US magician, mentalist and endurance performer David Blaine is on a mission to showcase and learn from performers around the world who have mastered their own dazzling variety of mind-blowing feats.

Despite the show's title including the warning 'do not attempt', Blaine simply can't resist having a go at the stunts himself – which means a pretty steep learning curve as opposed to his usual painstaking preparations.

'I woke up in the middle of the night thinking: "Oh my God, what if somebody tries to copy something?"' he explains. 'And that was when I decided the title needs to be the disclaimer. But for me, the only time you grow is by breaking your comfort zone.'

He's certainly doing that across the six-parter, which starts with a trip to Brazil. There, Blaine sees street magic being performed in the favelas and meets high-diving sisters Jaki and Paty Valente, before attempting a dangerous 'fire jump', which involves leaping from a bridge while set alight.

And in the second episode, set in Southeast Asia, Blaine introduces a highly unpredictable element as he learns tricks featuring dangerous animals including a swarm of bees, scorpions and a king cobra.

ANIMAL MAGIC

After allowing his body to be covered in bees and then scorpions, Blaine, who grew up with a phobia of creepy-crawlies, bravely attempts to kiss the head of a deadly king cobra.

'You don't know what the cobra is going to do from one second to the next, and it has enough venom to kill an elephant!' he reveals. 'So I had no control, which is unusual for me.'

Watching an amazing feat

But with help from a local snake performer, Blaine manages to conquer his fears and kiss the cobra. However, he reveals, once was enough.

'It changed the way I feel about everything that I do. But I will probably never kiss a king cobra again,' he says.

The rest of the episodes take Blaine to the Arctic Circle, India, South Africa and Japan. And despite his have-a-go attitude, there's one point during the series when the 51-year-old decides against a stunt that could result in serious injury, after speaking to his daughter.

The 'fire jump' off Rio's Joatinga Bridge

'Since becoming a father, everything has changed,' he admits. 'So I talk to her about anything that is dangerous, and I didn't want to do anything that was traumatic for her.'

INSPIRATION

He adds that his love of magic grew out of his own relationship with a parent.

'My mother worked as a waitress,' he recalls. 'And one day, when I was in the library waiting for her to pick me up, the librarian showed me a card trick. And when I did it for my mother, she freaked out! So that began my love of magic, because even if she'd had a tough day, I could change it with a trick.'

WORDS: IAN MACEWAN; PHOTOS: ©2025 NATIONAL GEOGRAPHIC PARTNERS, LLC; ADOBE STOCK; ©2025 DISNEY & ITS RELATED ENTITIES

Look Who's Back...

A familiar face making a new appearance this week

Maxine Peake

The Great Celebrity Bake Off

Sunday, 7.40pm, C4

1998

Born in Bolton in 1974, Maxine Peake played Twinkle (inset) in sitcom *Dinnerladies* (1998-2000) and starred as Veronica in *Shameless* (2004-07). In 2006, she gave a chilling portrayal as killer Myra Hindley in ITV true-crime drama *See No Evil: The Moors Murders*, and she has also had starring roles in *Silk*, *Little Dorrit*, *Criminal Justice*, *Three Girls* and *Anne*, plus episodes of *Black Mirror* and *Inside No. 9*.

HER NEW APPEARANCE

Peake heads to the famous tent for this week's heat of *The Great Celebrity Bake Off*, going up against Roman Kemp, Sarah Beeny and Amelia Dimoldenberg. 'It was lovely chatting to Paul Hollywood and Noel Fielding about *Dinnerladies* but I'm about as useful in the kitchen as Twinkle was!' laughs Peake, 50. 'I felt bad because Paul and new judge Lady Caroline Waldegrave are experts in their field and they had to watch me destroy a recipe.'

Maxine Peake in the tent

TV WEEK

Rallying together

NEW ENTERTAINMENT

A League of Their Own: The Rally

Tuesday, 9pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

The stars of *A League of Their Own* race across Europe

Three teams of celebrities compete in a challenge-packed race from London to Turin in Sky's three-part special *A League of Their Own: The Rally*.

The regulars on the hit quiz show – Micah Richards, Jamie Redknapp and Jill Scott – are joined by Tom Davis, Alan Carr, Maisie Adam, Big Zuu and Alex Brooker, who act as co-drivers for the event, while Romesh Ranganathan presents.

Richards with Alex Brooker

'I was partnered with Tom Davis and Alex Brooker,' says former footballer and *Match of the Day* pundit Richards. 'Tom was on fire from start to finish. Spending all that time with him made me realise how quick he is, and he knew how to navigate any scene to get a funny angle; he was hilarious!'

The rally starts with the teams racing from London to the French port of Boulogne-sur-Mer by stunt plane, catamaran and Eurostar. From there, they go to Paris, where their first challenge is to have a romantic photo taken somewhere in the City of Love before taking part in a fencing competition at a historic French chateau.

'I'm not the most elegant of people, but I was actually really good at fencing,' says Richards, 36. 'I was quite agile, although there was a bit of cheating going on! I definitely won, but for some reason, I was marked down!'

When the rally headed

From left: Theresa, Linda and Agnes

NEW COMEDY DRAMA

The Change

Tuesday, 10pm & 10.30pm, C4 (box set, Channel 4)

Out of the woods?

Linda faces expulsion from the forest community as the hit series returns

In the first series of C4's hit comedy drama *The Change*, menopausal housewife and mother Linda (Bridget Christie) left her husband Steve (Omid Djalili) and teenage children to reclaim her identity by going back to her childhood haunts in Gloucestershire's Forest of Dean.

However, the quirky community were stunned to discover in the finale that Linda had a husband and family.

As the second series begins, Linda is put on public trial and at risk of being expelled. However, when she mentions the ledgers she kept detailing all the hours she spent on domestic chores over the years at the

WORDS: JUDY EWENS, NATASHA HOLT, TESS LAMACRAFT, SEAN MARLAND, STEVEN PERKINS, VICTORIA WILSON. PHOTOS: BBC, C4, ITV, SKY, HBO

Jamie Redknapp, Jill Scott and Micah Richards

Alan Carr with Redknapp

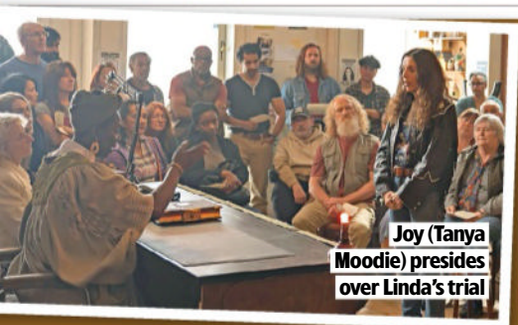
Jill Scott and Maisie Adam in Paris

through Dijon to the Alps, Davis left and was replaced by Alex Brooker, who flew straight into the thick of the action on a paramotor.

'That thing was basically like a flying go-kart!' says Richards. 'On Alex's first try, the thing tipped over, and I felt so bad, but he got stitched up straight away.'

Mont Blanc, on the final leg of the journey, provided the scariest but the most fulfilling moment of the competition for Richards.

'I've never been skiing before because you're not really allowed to do it when you're a footballer,' explains the former Manchester City player. 'But we were taken up on this ski lift that looked like it was going to topple over and I don't like heights. Then, we had to trek through this blizzard to get to the slope. But afterwards, I was filled with a real sense of accomplishment.'



Joy (Tanya Moodie) presides over Linda's trial

expense of her own happiness, it's a moment of recognition for the local women and she is pardoned.

SISTERHOOD

'Rebirth, reinvention and transition were the major themes of the first series,' explains Christie, 53, who created the comedy. 'This series focuses on acceptance, mortality and the cycle of life. It also focuses on witch trials and asks the question, "What or who is a witch?"

'I wanted to explore witchcraft themes because even though we don't put women on trial for witchcraft any longer, society is still judgemental of women who don't easily fit into stereotypes.'

Detectorists' Laura Checkley joins the cast as Theresa, newly released from prison, while key characters from the first series are back including Agnes (Susan Lynch), Pig Man (Jerome Flynn) and Linda's sister Siobhan (Liza Tarbuck).

'I was over the moon that there was such a positive response to the first series,' continues Christie. 'I hope this series inspires courage, a zest for life, a reclaiming of the word "witch" and a passion for fungi!'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

Big Night of Musicals NEW

Sat, 6.50pm (Wales, BBC2), BBC1

Jason Manford hosts a musical extravaganza, once again brought to us by The National Lottery, from the AO Arena in Manchester, with song-and- dance routines from such hit shows as *Mary Poppins* and *Cabaret*, while Michael Ball performs with Vicky McClure's Our Dementia Choir and actor Daniel Mays (above, with Manford) sings *A Musical* from *Something Rotten!* 'Lotto funding has put £1.3 billion into theatre. I'm proud of *Big Night of Musicals*,' says Manford.

The White Lotus

Monday, 9pm, Sky Atlantic

Chloe and Saxon (Patrick Schwarzenegger, left) struggle to face up to the awkward repercussions of their hedonistic activities at the previous night's Full Moon party, while Tim has an eye-opening visit to the monastery. Meanwhile, there are further splinters between Jaclyn and her friends, and Belinda is growing increasingly anxious about her safety.

99 to Beat

Saturday, 6pm, ITV1

Actor brothers Adam and Ryan Thomas (both pictured), best known for their roles in *Emmerdale* and Corrie respectively, team up to co-host a new game show in which 100 contestants take on a series of quirky challenges. The person who finishes last in a challenge is eliminated, with the final contestant left at the end of the series walking away with £25,000.

The One Show

Monday, 7pm, BBC1

The One Show celebrates Dame Mary Berry's 90th birthday with a special edition that features her celebrity friends Claudia Winkleman, Mel Giedroyc and Sue Perkins as well as a cake created by Monica Galetti. Berry also takes Alex Jones (pictured with Berry) back to her childhood home in Bath, where she opens up about her childhood battle with polio and the tragic loss of her son William.

Reel panic

Seth Rogen plays a stressed-out studio head in a send-up of Hollywood

Seth Rogen as Matt Remick

tv+ The Studio

NEW *Available: Wednesday 26 March*
Genre: Comedy Season: 1 Episodes: 10
(first two eps from 26 March, then weekly)

Seth Rogen satirises the movie industry in Apple TV+'s new comedy series *The Studio,* which depicts the power struggles, high-stakes pressure and complete chaos of film-making.

The *Superbad* star co-created and co-directed the 10-parter with his long-time collaborator Evan Goldberg and also plays eternally flustered Matt Remick – the new studio head at Continental Studios – who craves approval while believing he's 'single-handedly keeping film alive'.

Bryan Cranston as Griffin Mills

But when the studio's eccentric CEO Griffin Mills (Bryan Cranston) orders him to make a blockbuster based on the Kool-Aid drinks brand, how can Matt make both art and money while corporate demands, egocentric creatives and squabbling executives are driving the company into the ground?

'Evan and I were becoming frustrated by the movie industry in general, so we thought it could be fun to put those frustrations into a television show,' says Rogen, 42. 'And if we were going to do a show about Hollywood, movie studios and the system that we work within, it seemed intuitive as to what it would be like.

'The style, tone and types of characters seemed obvious, and we're also friends with people who have Matt's job. I'm as frustrated with them as much as I'm sympathetic to the fact that that is their position.'

STAR-STUDDED CAST

Matt's dysfunctional team includes brash marketing guru Maya (Kathryn Hahn), ambitious creative executive Quinn (Chase Sui Wonders), plus his best friend, Sal (Ike Barinholtz), who's loved by all the talent. Meanwhile, Matt's embittered predecessor, Patty (Catherine O'Hara), secures a producer deal and now has a front-row seat for his meltdowns.

Also making appearances are a number of familiar names who play exaggerated versions of themselves, including Ron Howard, Charlize Theron, Zac Efron and Steve Buscemi.

Plus, in the opener, Oscar-winning director Martin Scorsese pitches a Jonestown-massacre movie that becomes Matt's Kool-Aid film.

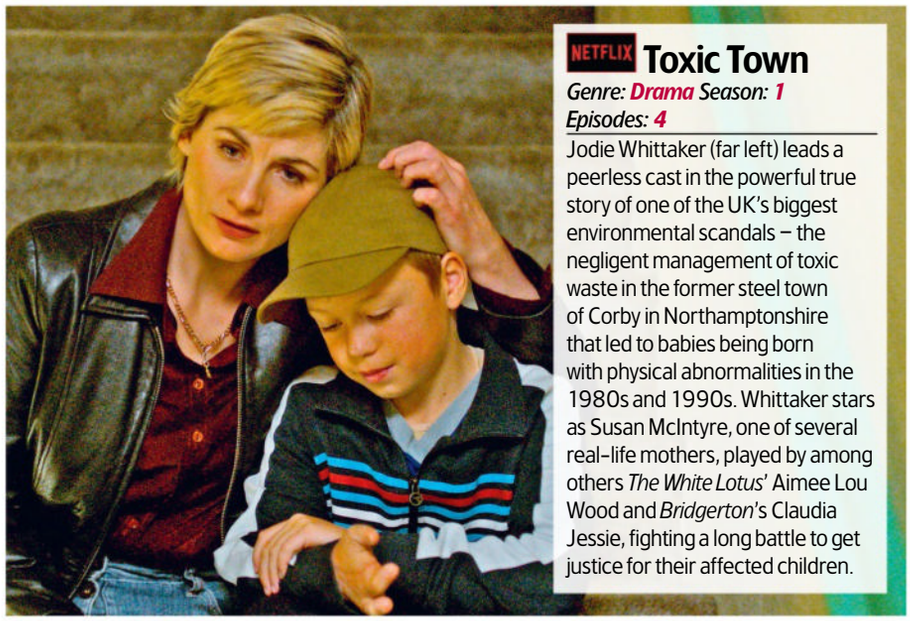
'Getting Academy Award-winning film-makers and movie stars on board was necessary to establish the stakes of the show. If they're not famous people, you don't buy it,' says Rogen.

The series is inspired by Rogen's experiences in the industry and scenes were filmed in one long tracking shot, known as a 'oner', to capture the frenetic energy of a studio.

'We wanted it to be panic-inducing and thought, if we never cut, you'll really be on edge,' chuckles Rogen. 'Because all anyone wants from a relaxing night of watching TV is a panic attack!'

What we're watching...

The shows being enjoyed by the *TVSW* team



NETFLIX Toxic Town

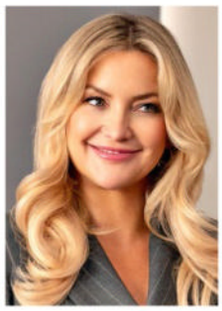
Genre: Drama Season: 1
Episodes: 4

Jodie Whittaker (far left) leads a peerless cast in the powerful true story of one of the UK's biggest environmental scandals – the negligent management of toxic waste in the former steel town of Corby in Northamptonshire that led to babies being born with physical abnormalities in the 1980s and 1990s. Whittaker stars as Susan McIntyre, one of several real-life mothers, played by among others *The White Lotus*' Aimee Lou Wood and *Bridgerton*'s Claudia Jessie, fighting a long battle to get justice for their affected children.

NETFLIX Running Point

Genre: Comedy
Season: 1 Episodes: 10

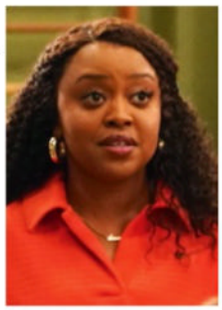
A winning sports comedy, co-created by Mindy Kaling, starring Kate Hudson (right) as Isla Gordon, who's met with scepticism when she takes over running the family-owned LA Waves basketball team.



Disney+ Abbott Elementary

Genre: Comedy
Season: 4 (part 1) Eps: 8

The US mockumentary returns with Janine (Quinta Brunson, right) and Gregory (Tyler James Williams) failing to keep their relationship secret, while the construction of a golf course brings both problems and benefits.



Now in production...

Three upcoming shows to look out for soon

NETFLIX Vladimir

Rachel Weisz (above) will star in Netflix's blackly comic eight-part drama, based on Julia May Jonas' novel, about a woman whose life is falling apart until she becomes fascinated by her intriguing new colleague and then sets about making her secret fantasies a reality.

Paramount+ Ozzy Osbourne: No Escape from Now

Paramount+'s feature-length documentary will see the rocker (above) and his family reflect on his health challenges as he prepares to perform on stage with Black Sabbath for a final time.

NETFLIX I Will Find You

In Netflix's adaptation of Harlan Coben's novel, Sam Worthington (above) will play a man serving a life sentence for murdering his son, even though he is innocent. But when he hears the son may be alive, he tries to break out of prison to find out more.

WORDS: CAREN CLARK, JUDY EWENS, REBECCA MAHONEY. PHOTOS: © 2025 DISNEY & ITS RELATED ENTITIES, APPLE TV+, GETTY, NETFLIX

Host Peter Serafinowicz

Secrets & lies

A **million dollars is up for grabs** in a new *Traitors*-style game

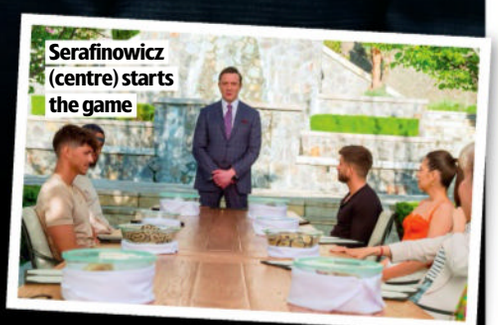
NETFLIX Million Dollar Secret

NEW *Available: Wednesday 26 March Genre: Reality Season: 1 Episodes: 8 (episodes 1-3 from 26 March; episodes 4-6 from 2 April; episodes 7-8 from 9 April)*

How far would you go when a million dollars is on the line? That's the premise behind Netflix's new *The Traitors*-style reality competition *Million Dollar Secret*, which puts 12 people against each other as they hunt down the secret millionaire hiding among them.

As guests of a luxury lakeside estate called The Stag, each contestant starts the show by receiving a wooden box. Eleven are empty, but one contains $1m. And it's for that guest to keep – but only if they can hide their identity as the millionaire throughout their stay.

'Imagine finding a million dollars in your room, knowing it's yours to keep, but only if you can hide the fact you've won the money,' says British actor Peter Serafinowicz, who hosts the American show.



Serafinowicz (centre) starts the game

'It's a game of deception. Getting the million dollars is easy, but how far would you be willing to go to keep it?'

STEALTHY STRATEGIES

Like *The Traitors*, the path to victory and the cash prize is paved with lies, deceit and manipulation, as the contestants try to work out who the secret millionaire is, while, at the same time, the millionaire tries to throw the others off the scent.

There's also a series of outdoor activities, high-stakes missions and devilish games that provide essential clues to the millionaire's identity, plus some undercover tasks set secretly for the millionaire, which, if they complete, could give them extra votes at the dreaded Elimination Dinner.

'For the millionaire, it's a case of, keep your secret, keep your money,' says Serafinowicz, who's known for *The Tick* and *The Gentlemen*.

'It will be up to the rest of the guests to find out who has the money and hunt down their millionaire prey. But the millionaire is also playing a game. Every day they'll have their own secret agenda.'

Contestant Corey in action

Graham Hornigold

Fake family

Was pastry chef **Graham Hornigold** conned by his own mother?

NETFLIX Con Mum

NEW *Available: Tuesday 25 March Genre: Documentary*

A real-life story of deception is told in Netflix's true-crime documentary *Con Mum*. The one-off film centres on former *Junior Bake Off* judge Graham Hornigold, who never knew his mother following a troubled and abusive childhood.

So when he received an email out of the blue in 2020 from a woman called Dionne declaring she was his biological mother, he couldn't wait to meet her.

'That mother-child bond was instantaneous from the second I saw Dionne,' says Hornigold, a renowned pastry chef. 'She knew details about me that nobody else could have.'

Claiming to be the illegitimate daughter of the former Sultan of Brunei, Dionne led a lavish lifestyle. She also revealed she had cancer and promised Hornigold that he'd inherit her wealth.

However, when Dionne began asking Hornigold to lend her vast sums of money because she was having trouble accessing her funds, his partner, Heather, became suspicious.

After some online digging, Heather slowly pieced together that Dionne was a serial con artist who had been scamming people across the globe for decades. She didn't have cancer, wasn't the Sultan of Brunei's daughter and had spent time in jail for deception. But was she Hornigold's real mum?

After Hornigold had lent her close to £100,000, he begged her for a DNA test – and the astonishing results are revealed in the film.

WORDS: CAREN CLARK, HANNAH DAVIES, VICTORIA WILSON. PHOTOS: ADOBE IMAGES, APPLE TV+, BBC, C4, 5, NETFLIX

Mortal combat!

A **spin-off series** highlights the unsung heroes of video-game saga *Mythic Quest*

Rob McElhenney as boss Ian

tv+ Side Quest

NEW *Available: Wed 26 March*
Genre: Comedy Season: 1 Eps: 4

For four seasons, viewers have been entertained by the workplace antics of ego-driven creative director Ian Grimm (Rob McElhenney) and the team behind his fictional video game *Mythic Quest* in Apple TV+'s comedy series of the same name.

This week, that universe is expanding to focus on the 'mortals' – the employees, players and fans – whose lives are all impacted by their beloved video game in the four-part anthology series *Side Quest*.

'Part of the conceit of the show when we were coming up with what *Side Quest* could be was this idea that if Ian and the characters in *Mythic Quest* were gods, these were the mortals that are always getting [taken advantage of] by them,' says *Side Quest*'s co-creator and executive producer Katie McElhenney, who is Rob's sister. '*Side Quest* asks: what does it mean to be a rabid fan of a game that's being controlled by people who have their own agendas?'

Side Quest's four stand-alone stories centre on a virtual team of ardent *Mythic Quest* players; a comic-book store owner and her customers; a group of touring orchestral musicians; and, in the first episode, entitled *Song and Dance*, fan-favourite art director Phil (Derek Waters).

NO ESCAPE

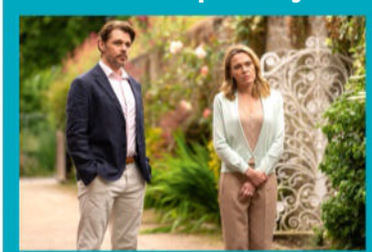
Phil is taking a break from *Mythic Quest* HQ to holiday in Hawaii with girlfriend Maude (Anna Konkle) but is constantly interrupted by calls from his boss Ian. Will Phil's dedication to *Mythic Quest* drive a wedge between him and Maude?

'We knew that if we want to have a character that's going to bring us into this world, it's Phil,' says Katie McElhenney. 'Who hasn't felt underappreciated in their job? And what happens when you're using your job as an excuse to not progress in other areas of your life? Phil was a good conduit for these universal experiences.'

Phil and Maude (Derek Waters and Anna Konkle)

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



5 The Au Pair

5's thriller sees married couple Zoe (Sally Bretton) and Chris (Kenny Doughty) hire home help Sandrine, but she embarks on a mission to harm the family by drugging Zoe's diabetic dad before placing Zoe herself in danger.

BBC iPLAYER Ten Pound Poms

In the second run of BBC1's 1950s-set drama, Kate (Michelle Keegan) has gone on the run with her son. However, when he misses his adoptive mother, Kate devises a new plan for their future, only for events to go awry.

BBC iPLAYER Great Continental Railway Journeys

The return of BBC2's travelogue finds Michael Portillo heading to Croatia, where he visits a Roman amphitheatre, while he also explores the residence of former Yugoslav dictator President Tito.

4 Michael Sheen's Secret Million Pound Giveaway

A C4 documentary follows the actor's audacious campaign to demand better borrowing by buying £1m of debt from people in Wales and then writing it off.

ON SALE NOW

AT ALL GOOD NEWSAGENTS AND SUPERMARKETS

Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Hunt

Monday 24 March

Dutch drama inspired by the real-life murder of 16-year-old Marianne Vaatstra in 1999. The case gripped the Netherlands but remained unsolved until it was reopened in 2012. Each episode tells the story from a different person's perspective, all connected to the case in some way, and looks at the impact of the killing on their lives.

David Blaine: Do Not Attempt

Monday 24 March

Magician David Blaine goes around the world to discover amazing skills, which he then seeks to master. They include placing a knife inside his nostril and attempting to kiss a cobra on the head in an effort to push the boundaries of what is considered magic. See feature, p11.

Survival of the Thickest

Con Mum

Tuesday 25 March

Documentary about renowned pastry chef Graham Hornigold, whose life is upended when a champagne-sipping, hotel-hopping woman contacts him and claims to be the mother he never knew. See feature, page 16.

The Studio

Wednesday 26 March

Comedy co-created by and starring Seth Rogen as Matt Remick, the newly appointed head of embattled Continental Studios, tasked with trying to save the floundering company in an industry undergoing rapid social and economic changes. Catherine O'Hara and Kathryn Hahn co-star, while Bryan Cranston guests. See feature, page 14.

Side Quest

Wednesday 26 March

Comedy that's an extension of the *Mythic Quest* universe and explores the lives of the employees, players and fans who are impacted by the game. Starring *Mythic Quest*'s Rob McElhenney and Derek Waters as well as *Abbott Elementary*'s William Stanford Davis. See feature, page 17.

Million Dollar Secret

Wednesday 26 March

Reality competition hosted by Peter Serafinowicz. Twelve contestants enter a lakeside estate, where, waiting for one of them, is a box containing $1m. The cash is theirs as long as they keep their new millionaire status a secret, but devilish games will reveal clues about their identity. See feature, page 16.

Caught

Wednesday 26 March

Argentinian thriller based on Harlan Coben's novel of the same name. The life of a journalist, famed for exposing criminals who have managed to evade justice, takes an unforeseen turn when she meets a respected community figure who becomes the prime suspect in her investigation into the disappearance of a 16-year-old girl.

Holland

Thursday 27 March

Thriller starring Nicole Kidman as Nancy Vandergroot, a teacher and homemaker living a picture-perfect life with her husband (Matthew Macfadyen) and son (Jude Hill) in Holland, Michigan, until she starts to suspect that her hubby has a dark secret. See feature, page 6.

Bosch: Legacy

Thursday 27 March

The third run of the crime drama following Harry Bosch (Titus Welliver), an ex-LAPD detective turned private investigator, attorney Honey 'Money' Chandler (Mimi Rogers) and Harry's daughter, patrol cop Maddie Bosch (Madison Lintz), as they get involved in a murder investigation.

Survival of the Thickest

Thursday 27 March

The second run of the comedy co-created by and starring Michelle Buteau as Mavis Beaumont, who is looking to grow her plus-size fashion brand while navigating a messy love life.

Deception

Friday 28 March

Finnish crime drama from Walter Presents. Posing as a wealthy heir, vengeful Riku (Daniel Virtanen) infiltrates the rich young elite of Finland's capital Helsinki in order to steal from them. However, his creditors aren't far behind him.

The Life List

Friday 28 March

Romantic drama. After her mother (Connie Britton) dies, Alex (Sofia Carson) revisits her teenage bucket list and discovers that pursuing her childhood dreams takes her on an unexpected journey. With Kyle Allen and Sebastian De Souza.

Number One on the Call Sheet

Friday 28 March

Two-part docuseries on Black leading men and women in Hollywood who reflect on their breakthrough moments, challenges and success. Among those featured are Angela Bassett, Halle Berry, Will Smith, Morgan Freeman, Eddie Murphy, Idris Elba, Viola Davis and Denzel Washington.

Alexander and the Terrible, Horrible, No Good, Very Bad Road Trip

Friday 28 March

Eva Longoria stars in this family comedy. Eleven-year-old Alexander and his family embark on a dream holiday to Mexico to reconnect with each other and their roots, only for their plans to go awry when they discover a cursed idol.

The Lady's Companion

Friday 28 March

Spanish romantic comedy set in 1880s Madrid. Elena Bianda, who has already helped more than 20 young women secure engagements, is hired to find husbands for three wealthy sisters and is drawn into a world of love, scandal and comic intrigue.

The Rule of Jenny Pen

Friday 28 March

Horror film. After suffering a stroke, a judge (Geoffrey Rush) is left partially paralysed and confined to a retirement home. There, he finds that another resident (John Lithgow) is using a doll to frighten others, and takes it upon himself to end his reign of terror.

Gold & Greed: The Hunt for Fenn's Treasure

Thursday 27 March

Docuseries about a real-life treasure hunt. In 2010, 80-year-old art collector Forrest Fenn hid a chest of gold in the Rockies and left a cryptic 24-line poem giving clues to its location. Since then, thousands of people have searched for it, including five who have died in the process.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO

Documentaries

Morrissey and Clunes

Men Behaving Gladly!

Old pals **Neil Morrissey and Martin Clunes** reunite for a French road trip

NEW TRAVELOGUE

Neil & Martin's Bon Voyage

Tuesday, 9pm, U&Gold (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

Back in 2000, riding high on the success of playing flatmates Gary and Tony in 1990s 'new lad' sitcom *Men Behaving Badly*, Martin Clunes and Neil Morrissey teamed up for a trip round Australia in the TV travelogue *Men Down Under*.

'I remember we went right round Australia following the route the Olympic torch was about to take,' remembers *Doc Martin* star Clunes, 63, of their Aussie adventure. 'We did all sorts of things, including crocodile hunting and herding cattle!'

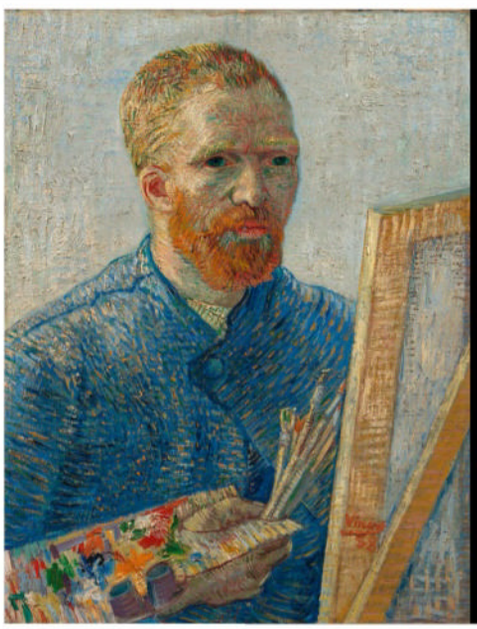
A quarter of a century on, the friends are reuniting for a road trip across France, where Morrissey has a second home, for U&Gold's three-part series *Neil & Martin's Bon Voyage*.

The duo in Australia

My Brain: After the Rupture

Friday, 9pm (times vary), BBC2

In 2020, 38-year-old BBC Proms presenter Clemency Burton-Hill (above) suffered a catastrophic brain haemorrhage. Against the odds, she survived and, after surgery that removed half her skull, she slowly emerged from a 17-day coma, but was unable to speak or walk. This film follows her remarkable recovery.



Van Gogh by Vincent

Wed, 8pm, Sky Arts

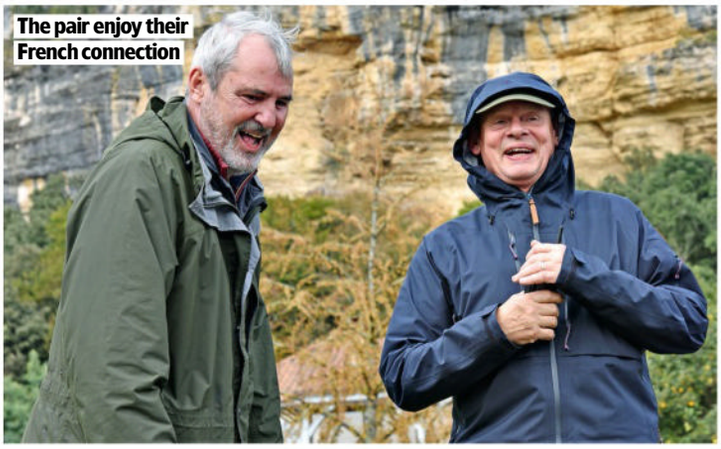
Vincent van Gogh (left) painted more than 35 self-portraits during his career, but what can be learnt about the Dutch artist by taking a closer look at the most personal of his works? This film tells van Gogh's life story through these self-portraits, with contributions from art historians and readings from his private letters.

Stacey Dooley: Growing up Gypsy

Thursday, 9pm, BBC3

Stacey Dooley explores the impact of stereotypes relating to the Traveller community, meeting Serena (above, with Dooley), who successfully runs her own stud farm but feels she has to hide her true identity from her clients, and Chantelle, who embraces her Traveller identity by sharing gypsy cleaning hacks on social media.

WORDS: HANNAH DAVIES, JUDY EWENS, IAN MACEWAN. PHOTOS: BBC, ITV, SKY, U&GOLD


The pair enjoy their French connection

The first episode sees the duo, now both in their early 60s, take things at a rather more sedate pace, as they go on a leisurely canoe trip down the Dordogne river, visit the country's deepest wine cellar in a spectacular cave network, and scale Europe's largest sand dune, before heading to the Pyrenees and Biarritz for leg two and Toulouse for leg three.

HIGHLIGHTS

'I was blown away by the caves in the first episode,' says *The Good Karma Hospital* actor Morrissey, 62. 'I think, for Martin, the highlight was the white horses of the Camargue [a coastal region in the south of France]. He wanted to do everything himself, including taking off the saddles and brushing them.'

As well as seeing the sights, trying out various activities and sampling delicious food and wine, the trip gives the pair a chance to look back over their long friendship, and reflect on how each of them has changed over the years.

'I went to see Martin when he was appearing in *Peter Pan* in Bristol in 1984,' recalls Morrissey. 'I actually went to see my mate, who was playing Peter Pan, but I've got a feeling we might have had a drink afterwards. And we lived very close to each other, so we used to hang out in certain haunts.'

In *Men Behaving Badly*

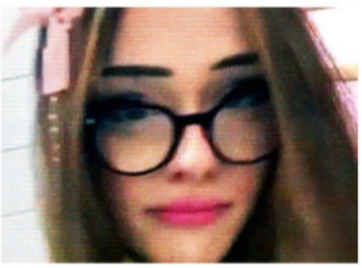
Being cast in *Men Behaving Badly* meant they quickly became tabloid fodder and household names. 'We were the kings of the voice-overs for a good while,' recalls Morrissey. 'Then I landed children's TV animation *Bob the Builder* [in which he voiced the main character], which gave me two No 1 singles!'

So what would their younger selves make of them doing this trip? 'I think it would be a big thumbs up,' says Morrissey. 'He would say: "Call that work, do you? You don't have to learn lines, and you go and see gorgeous places with one of your best mates, and get paid for it!"'

Rose Ayling-Ellis: Old Hands, New Tricks

Wed, 9pm, BBC1 (box set, BBC iPlayer)

Ex-*EastEnders* actor Rose Ayling-Ellis (above), who's been deaf since birth, is on a mission to teach British Sign Language to older people who are losing their hearing. Here, she is at Buckinghamshire's Hughenden Gardens Retirement Village, home to more than 300 residents with an average age of 80.



Brianna: A Mother's Story

Thursday, 9pm, ITV1

Last year, teenagers Scarlett Jenkinson and Eddie Ratcliffe were jailed for life for the brutal murder of transgender teen Brianna Ghey (above) after luring her to a park in Warrington. This film looks back at the crime and subsequent investigation, hearing from Ghey's mother Esther and detectives who worked on the case.

Author Douglas Adams

Master of the universe

A new documentary profiles *The Hitchhiker's Guide to the Galaxy* creator **Douglas Adams**

NEW PROFILE

Douglas Adams: The Man Who Imagined Our Future

Thursday, 8pm, Sky Arts

Few authors have been responsible for such a cult phenomenon as Douglas Adams with his comedy sci-fi franchise The Hitchhiker's Guide to the Galaxy, which spawned a TV series, comic books, stage shows and a 2005 film.

Now, the story of Adams' spectacular career and troubled personal life is told in Sky Arts documentary *Douglas Adams: The Man Who Imagined Our Future*.

Born in Cambridge in 1952, Adams was struggling to get his writing career off the ground in London in the early 1970s and had to work as a bodyguard to make ends meet.

'As far as we were all concerned, life was rosy for him,' remembers Adams' brother James Thrift. 'But then my mother went to London and saw that actually things weren't good. So she packed him up and brought him back home to Dorset, back to his old bedroom. There would be this fanatical noise of his old typewriter going and, unbeknown to us, that was the start of the whole Hitchhiker's Guide to the Galaxy.'

The sci-fi sitcom was originally broadcast on BBC Radio 4 in 1978, but it was soon adapted to other formats, bringing Adams fame and fortune while he was in his 20s.

The original *Hitchhiker's Guide to the Galaxy* TV series

VISIONARY

'Douglas took a Monty Python-esque view of the world, in which crazy, silly things happen, and applied it to science fiction,' says Adams' childhood friend, actor Griff Rhys Jones. 'Nobody had done that before'.

Adams went on to write *Dirk Gently's Holistic Detective Agency*, which also inspired radio and TV series, and *Last Chance to See*, about species on the brink of extinction. A passionate environmentalist, Adams campaigned on behalf of endangered species until his sudden death from a heart attack in 2001, aged just 49.

'He was a visionary,' says his friend Sir Stephen Fry. 'He saw things that other people didn't see, especially things that weren't yet visible to anybody because they were in the future.'

Stephen Mangan as Dirk Gently

Films Our pick of this

MOVIE OF THE WEEK

THE ELECTRIC STATE

Chris Pratt and **Millie Bobby Brown** journey through a ravaged land following a robot war

SCI-FI ADVENTURE

Available now, Netflix ★★★★

If you come to *The Electric State* knowing the illustrated book by artist Simon Stålenhag on which it is based, you are going to be disappointed. Prime Video's *Tales from the Loop* does his quiet retro-futurism far more justice. If none of this means anything to you, though, then this adventure from the Russo brothers (*Avengers: Infinity War* and *Endgame* etc) is a playfully inventive journey.

After a war between humans and once-subservient robots, all mechanised beings are forced into an enclosure called the Electric State, where people are not allowed. That's not going to stop Millie Bobby Brown's teen rebel, searching for her brother with the aid of Chris Pratt and their robot sidekicks.

In their way are not just scavenger androids but unscrupulous businessman Stanley Tucci and – through a virtual headset linked to a robot soldier – Giancarlo Esposito. So bring on the metal-on-metal bust-ups...

It's a fun, colourful ride, even if the script can't help swigging the saccharin a little too often and could certainly do with sharpening up. Some (but not all) of the CGI is superb, and the Russos can build a family friendly yarn with impressive action sequences in their sleep. Brown isn't too cloying, while Pratt coasts along on charm alone. It's not perfect by any stretch, but it certainly entertains. 2025, 12, 128MIN

WORDS: JASON BEST, NIGEL PIZEY, KATE STABLES

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner >>>

Week's Best Movies

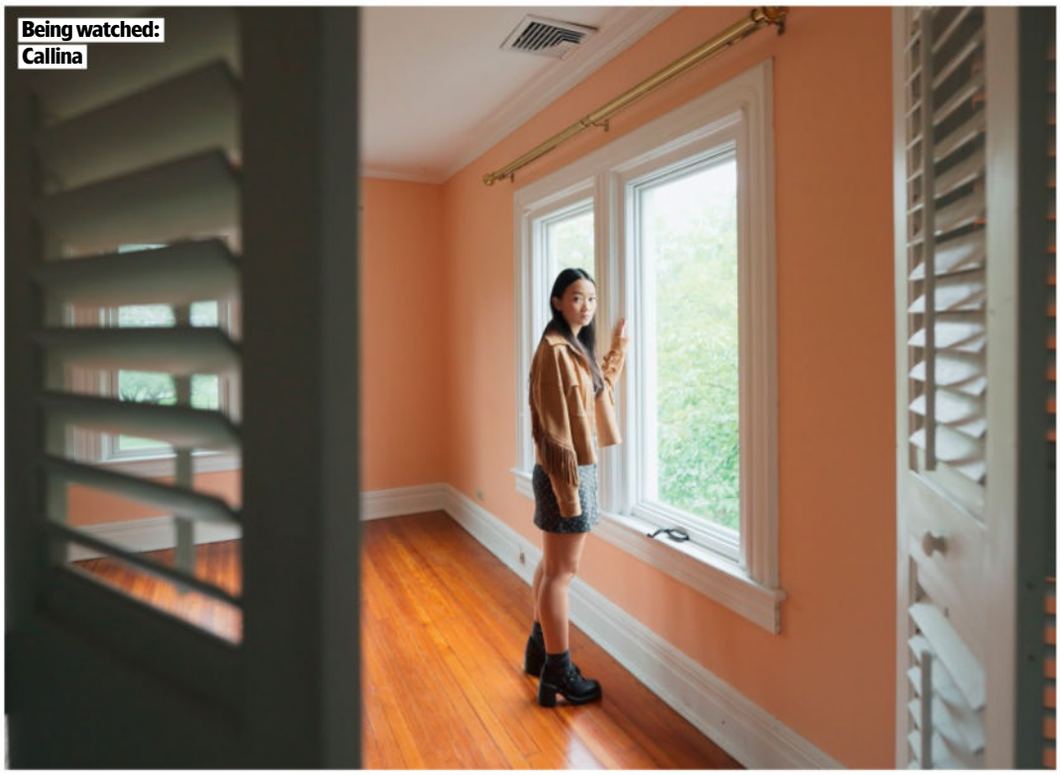
PRISON DRAMA

Sing Sing

Available now, Prime Video ★★★★

Set in the infamous New York penitentiary of the title, *Sing Sing* is a prison drama with a difference. With the exception of a handful of professional actors, including charismatic star Colman Domingo, the cast is made up of former inmates playing versions of themselves. They have all been through the prison's Rehabilitation Through the Arts programme and the film shows it in action, following the prisoners as they workshop and rehearse a zany time-travel comedy. Domingo's RTA stalwart John 'Divine G' Whitfield (a real person) looms large in the proceedings, but so does the hard-bitten fellow prisoner with whom he initially locks horns, Clarence 'Divine Eye' Maclin, impressively played by the ex-con himself. A stirring tribute to the healing power of art. 2024, 15, 106MIN

Finding a voice: Colman and Clarence



Being watched: Callina

CHILLER

Presence

Available now, to buy or rent from digital stores including Sky Store and Prime Video ★★★★

A quietly brilliant ghost story told entirely from the point-of-view of the entity itself, director Steven Soderbergh's family drama-cum-chiller is not just a technical achievement but a thoroughly engrossing one, too. A silent 'presence' watches as a family – cold, indifferent Lucy Liu, pensive Chris Sullivan and their teenage kids Callina Liang and Eddy Maday – move into their house and it seems to hone in on Liang. She seems to be the only one who can even sense this spirit – but what does it want and why? The mystery unfolds with a gradual grace as we also witness a family in crisis, although when events do come to a head they are positively nerve-shredding, with a masterful Soderbergh knowing just what buttons to push. 2024, 15, 84MIN

THRILLER

The Wasp

Saturday, 9.25am & 6.20pm, Sky Premiere ★★★★

A fraught, compelling thriller set in Bath, *The Wasp* deals with much more substantial elements than it first lets on. Naomie Harris is a nervous, twitchy middle-class woman who contacts no-nonsense working-class Natalie Dormer – an old school acquaintance – with an offer she can't refuse... Effectively a two-hander, this highly strung movie twists and contorts until the final shot, with both actors on brilliant form. Director Guillem Morales takes Morgan Lloyd Malcolm's play and maintains the chilling, claustrophobic air perfectly. 2024, 15, 95MIN

Knives out: Natalie and Naomie

COMEDY

Joy Ride

Available now, Netflix ★★★★

Following four Asian-American childhood pals as they cut loose in China, this road-trip comedy is unapologetically bold and brash. Ambitious lawyer Audrey (Ashley Park) has to find her unknown birth mother, a trip that takes in her mouthy BFF Lolo (Sherry Cola), loner K-Pop fan Deadeye (Sabrina Wu) and college buddy-turned-Chinese soap star Kat (Stephanie Hsu). Humour, not humiliation, fuels the film's exploration of hilarious hook-ups and jaw-dropping tattoos and the deft performances – which turn from side-splitting to tear-jerking – keep things on track. 2023, 15, 95MIN

All mixed up: Sabrina, Ashley, Sherry and Stephanie

Films

Troubadour: Timothée

BIOPIC

A Complete Unknown

Available now, to buy or rent from digital stores ★★★★★

Timothée Chalamet is utterly convincing as the young Bob Dylan in this hugely entertaining biopic, which charts the singer's rise to fame from his arrival on the folk scene in New York's Greenwich Village in 1961, aged 19, through to the commotion he causes when he goes electric at the 1965 Newport Folk Festival. Chalamet brilliantly conveys Dylan's charisma, and his ruthlessness, and he does an excellent job of capturing Dylan's unique singing and strumming.

The supporting cast are right on song, too, including Elle Fanning, playing a renamed version of Dylan's early girlfriend Suze Rotolo, Monica Barbaro as folk icon Joan Baez, and Boyd Holbrook as a swaggering Johnny Cash. Best of all is Edward Norton as thoroughly decent, purist folkie Pete Seeger, who becomes Dylan's early mentor but can't accept his later change of musical direction.

Dylan himself remains an enigma to the very end, but far better that than the bogus insights offered by other music biopics. Yes, the film tweaks the truth, but that too seems fitting given its subject's lifelong self-invention and myth-making. 2024, 15, 140MIN

Hidden gems Great movies you might have missed...

ROMANTIC COMEDY

Palm Springs

Prime Video ★★★★

Following a random cosmic accident, wedding guests Adam Samberg and Cristin Milioti find themselves trapped in a time loop. The duo try to entertain themselves and escape their 24-hour prison, in the process falling for each other and evoking the wrath of a fellow guest... Though its *Groundhog Day* premise is hardly new, *Palm Springs* manages to be a heartfelt romcom, daffy time-travel adventure and even a pertinent morality tale. It's terrific. 2020, 15, 90MIN

ROMANTIC COMEDY

Rye Lane

Disney+ ★★★★

Just when the romcom looked out of juice, along comes this: a winning meet-cute on the streets of south London that feels like a perkier *Notting Hill*. Nothing links meek David Jonsson and free-spirited Vivian Oparah, but when she gatecrashes his awkward lunch date with his ex, it sets in motion an exuberant jaunt around Peckham and Brixton. A wonderful movie that's a love letter to an often ignored part of the capital. 2023, 15, 82MIN

PERIOD DRAMA

The Wonder

Netflix ★★★★

In 19th-century Ireland, no-nonsense nurse Lib Wright (Florence Pugh), shipped over from England, has to decide whether the case of a girl (Kíla Lord Cassidy) who's not eaten for months is a hoax – or a miracle. This quickly establishes the oppositions (faith/reason, Irish/English, feminine nurturing vs masculine officialdom) that propels its narrative. Pugh is simply sensational, infusing every scene with a soulful intelligence that is truly a wonder to behold. 2022, 15, 108MIN

Saturday 22 March

ACTION

Plane

9.15pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Landing a plane full of passengers during a nerve-shredding electrical storm is peanuts for action star Gerard Butler. But that's merely the warm-up act for this wham-bang slice of B-movie silliness, glitzed-up with a blockbuster sheen, because the plane's downed on a remote island overrun with hostile militia. Can Butler and co-star Mike Colter (as a good-guy convict) get everyone to safety and, more importantly, ensure Butler gets home to his daughter? A bone-crunching, raucous and reckless good time where you will learn nothing and be thankful for it. Rarely, these days, are we treated to this kind of pure dumb fun. 2022, 15, 107MIN

Ground control: Gerard and Mike

COMEDY

No Hard Feelings

From 21 March, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

From the burst of mace she gets in the face to the various blows she receives to her gullet and crotch, Jennifer Lawrence takes far too much slapstick punishment in this bawdy, and at times tawdry, comedy. Yet she still manages to give the story some depth as a hard-up 30-something who accepts wealthy couple Matthew Broderick and Laura Benanti's offer to deflower their nerdy Princeton-bound son (Andrew Barth Feldman). Ultimately, Lawrence's energy and Feldman's endearing presence smooth over a lot of the film's rougher edges. 2023, 15, 103MIN

ANIMATION

Trolls World Tour

2.05pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

Those unstoppably cheerful creatures with the sticky-up hair return for another colourful musical adventure. This time, Anna Kendrick's perky Poppy and Justin Timberlake's droopy Branch set out to unify six Troll tribes with very different musical tastes. Alas, Queen Barb (Rachel Bloom), brash leader of the Rock trolls, wants to stamp out all other forms of music. The whistlestop tour takes in sing-a-long moments and amusing scrapes for little ones, as well as some neat in-jokes for older viewers – just wait for conductor Gustavo Dudamel, as Trollzart. 2020, U, 91MIN

ACTION

Unstoppable

10.40pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hop aboard for a fantastic, non-stop thrill ride with Denzel Washington and Chris Pine. They play railway workers who have to try to stop an unmanned, runaway freight train before it derails and spills a toxic cargo that will wipe out a small town. Excitingly directed by Tony Scott, this story boasts scalding star turns, nail-biting stunts and awesome action and thunders along towards its nail-biting climax. Rosario Dawson has a good role as she guides the heroes from the control booth and Ethan Suplee is the engineer who causes all the trouble. 2010, 12, 98MIN

FAMILY

Harriet the Spy

2.10am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

As Harriet, Michelle Trachtenberg (who died last month) has an obsessive habit of writing down observations of people around her, which lands her in trouble. The film deals with issues of friendship, peer pressure and bullying convincingly. Harriet's bid to get revenge on her one-time pals is especially bittersweet, while Rosie O'Donnell, as her nan, has one of the best lines, describing a high-pressure job: 'It's when you don't get to do what you want and, when you do, you don't get time to do it!' 1996, PG, 97MIN

■ Full listings start on p35

Sunday 23 March

CRIME DRAMA

The Critic

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This uneven but enjoyably ripe melodrama set in 1930s London stars Ian McKellen as a waspish theatre critic who cajoles an actress (Gemma Arterton) into a blackmail scheme in a bid to save his career. Unsparingly vicious in his reviews and heedlessly reckless in his pursuit of rough trade at night, McKellen's Jimmy Erskine is a character you'll love to hate. Mark Strong, Lesley Manville and Ben Barnes feature in the sharply sketched supporting cast, while the era's seedy glamour is vividly evoked. But the film adds up to less than the sum of its parts, perhaps because the script jettisons much of its source novel, Anthony Quinn's *Curtain Call*. 2024, 15, 101MIN

In the shadows: Ian

COMEDY MUSICAL

Mamma Mia!

1.35pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Singing and dancing up a storm, Meryl Streep plays an ageing hippie running a hotel on a Greek island. Her daughter, Amanda Seyfried, is getting married to English lad Dominic Cooper. This ABBAsolutely fabulous film of the stage show is a joy, especially when Seyfried wants to meet her dad so secretly invites mum's ex-lovers (Pierce Brosnan, Colin Firth and Stellan Skarsgård). The ABBA hits come thick and fast and the performances are a joy. Brosnan, Skarsgård and Firth are hilarious, as are Julie Walters and Christine Baranski as Streep's pals. 2008, PG, 109MIN

DRAMA

Dream Horse

4.30pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This spirited movie is an unlikely but appealing winner, as lively and determined as its racehorse hero, Dream Alliance, the steeplechase champion bred on a Welsh allotment by Jan Vokes (Toni Collette). It's a familiar real-life underdog tale offering a predictable mix of promise, near-tragedy and a nail-biting finish. However, Collette and Damian Lewis are excellent leads, there's a fine supporting cast including Lynda Baron and Owen Teale, and the heart-pumping race action puts you right in the saddle. 2020, PG, 108MIN

MYSTERY

The Prestige

10.30pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

This one does the trick. When gifted cockney conjurer Christian Bale performs a magic act called The Transported Man, jealous American illusionist Hugh Jackman plots to pinch it, with the help of his assistant and lover Scarlett Johansson. The bizarre and complex plot thickens nicely with Michael Caine as Bale's helper, Rebecca Hall as his new wife and David Bowie as reclusive inventor Nikola Tesla. Sleek and satisfying, Christopher Nolan's Victorian period thriller is as smart and teasing as they come. 2006, 12, 130MIN

WAR DRAMA

The Deer Hunter

11.40pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

A sprawling, cynical look at the effects of Vietnam on the American heartland, seen through the eyes of three Pennsylvania steel-workers (Robert De Niro, John Savage and Christopher Walken) as well as their friends and families. The film garnered five Oscars (including Best Picture, Best Director for Michael Cimino and Best Supporting Actor for Walken) out of its nine nominations, while an early role for Meryl Streep hinted at the great things to come. 1978, 18, 183MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 24 March

COMEDY

Submarine

1.50am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightfully quirky coming-of-age comedy, this is the impressive, fresh and charming writing-directing debut of Richard Ayoade. In 1980s Wales, Craig Roberts is nerdy 15-year-old Oliver who frets over the state of his parents' marriage – and his own love life. While his mum (Sally Hawkins) dallies with a New Age guru (a hilarious Paddy Considine) and his marine biologist dad (Noah Taylor) sinks into depression, Ollie hopes to get close to mischievous pyromaniac Jordana (Yasmin Paige). 2010, 15, 97MIN

That sinking feeling: Craig

ANIMATION

The Inseparables

11.05am & 9.10pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

Taking a few liberties with Cervantes' classic *Don Quixote*, this fresh-faced animation has deluded marionette Don teaming up with rapping teddy bear DJ Doggy Dog for adventure and heroic quests. This includes, naturally, a set-piece involving Don seeing a crazy golf windmill as a fearsome dragon. The fantasy sections are imaginative, but the animation is routine when back in the 'real' world. 2023, U, 90MIN

SUPERHERO

Blue Beetle

8pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

One of DC's lesser-known heroes is given a spirited Latin American makeover that's a breath of fresh air for the genre. Xolo Maridueña's Gotham uni graduate Jaime Reyes is given an ancient relic that transforms him into a flying bug symbiote, which Susan Sarandon is keen to use it for evil ends. As Jaime gets to grips with his powers, his family (including his nan Adriana Barraza) get in on the action, providing a great line in humour. 2023, 12, 127MIN

COMEDY

In & Out

4.10pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

The life of genial schoolteacher Kevin Kline is turned upside down after he's 'outed' as gay by a former pupil, movie star Matt Dillon, during his Oscar acceptance speech. The exuberant performances (Joan Cusack is a film-stealer as Kline's mortified fiancée) and funny gags make for a warm-spirited film. Incidentally, the Oscar statuette used in the film is Kline's for *A Fish Called Wanda*. 1997, 12, 91MIN

DRAMA

Goodbye Christopher Robin

1.45am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A terrific film about writer AA Milne (Domhnall Gleeson) and the origins of *Winnie-the-Pooh*. Director Simon Curtis' poignant drama uncovers the pain as well as the joy behind the tales. Milne, haunted by his experiences during World War One, begins creating stories featuring his cute son Christopher Robin's stuffed toys. 2017, PG, 107MIN

■ Full listings start on p55

Tuesday 25 March

BIOPIC

Selma

11.05pm, BBC2 (not Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

This impassioned biopic of Martin Luther King Jr focuses on a single, highly charged episode in the Civil Rights struggle: the 1965 march from Selma to Montgomery in Alabama, demanding equal voting rights for America's black citizens. But it descends into mayhem when barbed-wire club and bullwhip-wielding white cops attack marchers on the Edmund Pettus Bridge. It's a mesmerising portrait dominated by David Oyelowo, who brilliantly conveys both King's gifts and all-too-human frailties. 2014, 12, 128MIN

Leading the way: David and co

THRILLER

Eileen

9.35am & 4.35am, Sky Books to Screen ★★★★

Sex ●●● Violence ●●● Language ●●●

Thomasin McKenzie's timid Eileen works at a grim detention facility and panders to her drunken ex-cop dad (Shea Wigham), until exotic psychologist Rebecca (Anne Hathaway) flutters into her life. A rash move on Rebecca's part obliges the same from Eileen, suggesting a vein of calculating criminality lurks beneath the submissive surface... A taut, compelling journey into twisted immorality. 2023, 15, 98MIN

BIOPIC

Dance First

3.40pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

This take on *Waiting for Godot* dramatist Samuel Beckett (Gabriel Byrne) offers snapshots of the Irishman's life, from working for James Joyce (Aidan Gillen) to fractious relationships with his wife (Sandrine Bonnaire) and mistress (Maxine Peake). It's ragged at times, but Byrne and Gillan capture the essence of their literary-titan characters, while James Marsh's direction smartly tips its hat to Beckett's revolutionary modernism. 2023, 12, 100MIN

COMEDY

The Boat That Rocked

12.40pm & 9.35pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

1960s teen Tom Sturridge goes to live with godfather Bill Nighy, who runs a pirate radio station from a boat in the North Sea. DJs Philip Seymour Hoffman, Rhys Ifans, Chris O'Dowd and Nick Frost teach the lad the ways of the world while Kenneth Branagh tries to silence the station. It's a great plot and writer-director Richard Curtis gets shiploads of laughs from it. 2009, 15, 135MIN

BIOPIC

Rocketman

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This splashy, lavish biopic charts the life of Elton John (an excellent Taron Egerton), beginning with shy Reggie Dwight from Pinner, taking in his successful partnership with lyricist Bernie Taupin (Jamie Bell) and on to extravagant international stardom. But fame doesn't help Elton shake off his demons.... A film full of colour, spectacle and wall-to-wall hits. 2019, 15, 121MIN

■ Full listings start on p65

Wednesday

ANIMATION

Mufasa: The Lion King

Starts today, Disney+ ★★★

Sex ●●● Violence ●●● Language ●●●

Disney's prequel has lots going for it but never hits the heights of its beloved 1994 film. Lin-Manuel Miranda's songs are forgettable and the photorealistic CGI, while dazzling, looks odd when the animals burst into song. The

Jungle look: Taka and Mufasa

DRAMA

Girl You Know It's True

7.10am & 2.05am, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

A surprisingly entertaining biopic about the soaring heights and crushing lows of late 1980s-early 1990s pop duo Milli Vanilli. German Rob Pilatus (Tijan Njie) and French Fab Morvan (Elan Ben Ali) are taken under the wing of music producer Frank Farian (Matthias Schweighöfer), who's not interested in them actually singing... Both a fun and sobering tale. 2023, 15, 124MIN

HORROR

The Invitation

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

New Yorker Nathalie Emmanuel discovers she's related to some seriously posh Brits and is invited to a wedding to meet her new-found family. When she arrives, she's swept off her feet by dashing lord Thomas Doherty, but all is not what it seems... Emmanuel carries the film with ease, even if there are some cheesy impediments in her way, and the rest of the cast, including Sean Pertwee as a brusque butler, put on a good show, too. 2022, 15, 105MIN

26 March

plot gets off to a clunky start, too, but then the results are, at times, breathlessly gripping. Orphaned in a flood, Mufasa (voiced by Braelyn Rankin then Aaron Pierre) and his new adopted brother, Taka (Theo Somolu then Kelvin Harrison Jr), journey to the promised safety of a distant land, pursued by vengeful albino lions. 2024, PG, 118MIN

COMEDY

Late Night

11.35pm, BBC2 (not NI, Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Emma Thompson plays a veteran late-night US talk show host, a British comedian whose ratings are on the slide. Can Mindy Kaling's untried newcomer, an amateur stand-up who works in a chemical plant, shake up her male, stale and pale team of writers? Kaling also wrote the script, which is a little inconsistent, but Thompson has great fun with her frosty, effortlessly droll character. 2019, 15, 102MIN

THRILLER

The Invisible Man

12.20am, Sky Books to Screen ★★★★

Sex ●●● Violence ●●● Language ●●●

Elisabeth Moss flees Oliver Jackson-Cohen's abusive tech entrepreneur. He apparently commits suicide, but she realises he's alive and invisibly terrorising her... Anchored by an awesome Moss, this rework of HG Wells' classic from writer-director Leigh Whannell is a gripping thriller – and a brilliant metaphor for hidden coercive control. 2020, 15, 124MIN

■ Full listings start on p75

Thursday 27 March

FANTASY

Hellboy: The Crooked Man

From Tuesday, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

This adventure for shorn-horn Hellboy is the closest yet to the hero created by Mike Mignola, who had a sizeable hand (ahem) in the screenplay. It's set in Appalachia, 1959, with our half-human, half-demon hero (Jack Kesy, nailing the sarcasm-and-soul combo) teaming up with a rookie agent (Adeline Rudolph) to battle the region's Devil (Martin Bassindale). Co-writer-director Brian Taylor conjures an evocative world of mist and murk and, dodgy CGI aside, there's plenty to celebrate. 2024, 15, 99MIN

Devil may care: Jack

COMEDY

O Brother, Where Art Thou?

6.30am & 4.10pm, Sky Books to Screen ★★★★

Sex ●●● Violence ●●● Language ●●●

Joel and Ethan Coen adapt Homer's epic poem *The Odyssey* and turn it into a loopy crime comedy set during the Great Depression. Not everything works, but the film is hugely enjoyable and the bluegrass soundtrack is superb. It charts the misadventures of escaped convicts George Clooney, John Turturro and Tim Blake Nelson's hunt for a stash of treasure. 2000, 12, 106MIN

CAPER

Ocean's Eight

6.05pm, Sky Gangsters ★★★★

Sex ●●● Violence ●●● Language ●●●

This glossy spin-off from the *Ocean's* series is slick and breezy fun. Sandra Bullock's Debbie Ocean (sister of George Clooney's character), plots to steal a $150million necklace from New York's Met Gala. Cate Blanchett is her right-hand woman, Helena Bonham Carter a fashion designer and Anne Hathaway an actress, while Rihanna, Mindy Kaling, Sarah Paulson and Awkwafina round out the team. 2018, 12, 110MIN

ACTION

Copshop

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Desperate to escape a hitman (Gerard Butler), a con artist (Frank Grillo) strikes a rookie officer (Alexis Louder) to land himself in jail. But Butler promptly gets himself arrested, too, and is locked in the cell opposite, the pair hurling insults until they inevitably escape to trade punches and bullets. Initially edgy and mysterious with sharp visuals and vivid dialogue, this becomes more standard fare once the guns come out. 2021, 15, 107MIN

SCI-FI

The Blob

9.30pm, Sky Arts ★★★

Sex ●●● Violence ●●● Language ●●●

A meteorite crashes near a small American town and releases a gooey slime that grows into a huge, people-eating red jelly. A bit old to be playing a teen, Steve McQueen has seen it in action but has a hard time convincing the grown-ups ('Dad, it isn't vandalism!'). This was only McQueen's third film, which gives this cult sci-fi a novelty value that transcends its ineptness. 1958, 12, 86MIN

■ Full listings start on p85

Friday 28 March

HORROR SATIRE

Get Out

11.40pm, BBC1 (12.15am N Ireland, 12.40am Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

African-American photographer Daniel Kaluuya is uptight about meeting his white girlfriend Allison Williams' posh parents (Bradley Whitford and Catherine Keener) at their swanky country home – with very good reason, it turns out… A terrific feature film debut from writer-director Jordan Peele, this provocative and deeply creepy horror thriller pushes racially sensitive buttons with fiendish skill and darkly comic wit, as social discomfort gives way to jolting scares. 2017, 15, 104MIN

Hot seat: Daniel and Allison

MYSTERY

Six Minutes to Midnight

6.05pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Starring and co-written by Eddie Izzard, this quality thriller is set on the eve of World War Two. Izzard plays an undercover British intelligence agent posing as a teacher at an elite finishing school attended by the daughters of high-ranking Nazis. But, in true Hitchcock fashion, he's forced to go on the run when he's accused of murder. Jim Broadbent and Judi Dench are among the famous faces on board. 2020, 12, 99MIN

COMEDY

Barbie

8pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Living a perfect life, Margot Robbie's Barbie has thoughts of death and must go into the real world to find out why, while lovesick Ken (Ryan Gosling) tags along. She finds a horrifying realm where men rule, but Ken disastrously takes the idea back home... Can Barbie, with help from America Ferrara and daughter Ariana Greenblatt, fix things? The stars are sensational in Greta Gerwig's hilarious, cutting satire. 2023, 12, 114MIN

THRILLER

3 Days to Kill

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

Kevin Costner plays a terminally ill, semi-retired CIA agent dashing around Paris juggling the tasks of eliminating an international arms dealer for Amber Heard's spook (in return for an experimental drug that could give him more time) with trying to win back his estranged wife (Connie Nielsen) and stroppy teen daughter (Hailee Steinfeld). It's a familiar formula, but McG's direction and the committed performances give solid results. 2014, 12, 117MIN

SUPERHERO

The Suicide Squad

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Only three letters separate director James Gunn's movie from 2016's limp *Suicide Squad*. You want the whole alphabet, though, to explain how much better this film is. The juicy cast (including Idris Elba and Margot Robbie) is immense fun to hang out with and there's a non-stop stream of zippy (and gruesome) action – but the movie also shines in its quieter moments. 2021, 15, 132MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

LIVE ATHLETICS

Sat, 10.30am, & Sun, 11am, BBC2

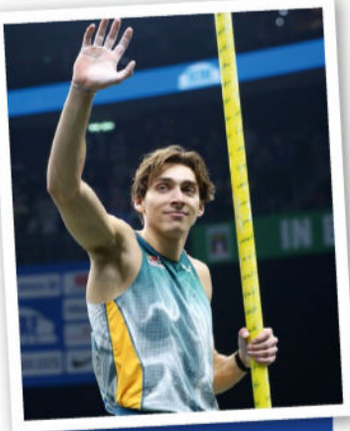
Gabby Logan introduces more athletics action from Nanjing in China over the weekend as Great Britain looks to improve on its haul of four medals at Glasgow in 2024.

With several champions taking part, we've picked six to look out for in the event's last two days of competition...

British pole-vaulter Molly Caudery

World Indoor Championships

A host of **track-and-field** superstars go for gold in China



ARMAND DUPLANTIS

The Swedish superstar continues to astound in the men's pole vault. He broke his own world record with a vault of 6.27m in February – the 11th time that the Olympic and world champion has broken the record in his career – and the 25-year-old will be aiming to vault even higher as he bids for a hat-trick in Nanjing.

Men's pole vault on Saturday

GRANT HOLLOWAY

The USA's world record holder hasn't been beaten in the men's 60m hurdles for 11 years and has clocked up 82 consecutive wins. Still aged 27, he is targeting a third world indoor title in a row to match his trio of outdoor world titles in the 110m.

Men's 60m hurdles on Saturday

JULIEN ALFRED

The Saint Lucian sprinter stormed to women's 100m gold at the Paris Olympics, beating the USA's Sha'Carri Richardson, also claiming silver in the 200m. The 23-year-old, who had a Saint Lucia national holiday named in her honour, will be in China to defend the women's 60m title she won in Glasgow in 2024.

Women's 60m on Saturday

JAKOB INGEBRIGTSEN

The Norwegian scored a double victory in the Netherlands earlier this month, taking his tally of European indoor golds to a record-equalling seven with a third consecutive 1,500m and 3,000m double. The 24-year-old Olympic 5,000m champion arrives in Nanjing in superb form, having set a new indoor mile record of 3min 45.14sec in February.

Men's 3,000m on Sat; Men's 1,500m on Sun

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

THE MAIN EVENT

MOLLY CAUDERY

The Cornish pole-vaulter scored a sensational gold medal in Glasgow when she became GB's first world champion in the event. Despite a disappointing showing at the Paris Olympics, the 24-year-old claimed the World Indoor Tour gold title last month, clearing a season's best of 4.85m. Having missed the European Indoor Championships to focus on Nanjing, can she defend her title?

Women's pole vault on Saturday

YAROSLAVA MAHUCHIKH

The Ukrainian Olympic and world high-jump champion claimed her third European indoor gold in a row a few weeks ago, and now has her sights on winning a second world indoor title. The 23-year-old set a new world record of 2.10m last year, beating Bulgarian Stefka Kostadinova's mark of 1987.

Women's high jump on Sun

LIVE CRICKET

Indian Premier League

From Saturday, Sky Sports Cricket & Sky Sports Main Event

The big-hitting T20 tournament begins its latest edition at Eden Gardens where England's Moeen Ali is back for champions Kolkata Knight Riders, who begin the defence against a Royal Challengers Bengaluru side featuring Phil Salt, Jacob Bethell and Liam Livingstone in Saturday's opening fixture. Other England players include Jos Buttler, who has signed for Gujarat Titans, while the player auction in November saw Lucknow Super Giants' Rishabh Pant became the IPL's most expensive signing, South Africa's Heinrich Klaasen became the most expensive retained player at Sunrisers Hyderabad, and 13-year-old prodigy Vaibhav Suryavanshi the youngest player at an IPL side, Rajasthan Royals.

Moeen Ali will be playing for Kolkata Knight Riders

Vaibhav Suryavanshi

Ellie Kildunne of England

LIVE RUGBY UNION

Women's Six Nations

Sat & Sun, BBC1 (Wales only), BBC2 & BBC iPlayer

Defending champions England are in action on Sunday when they welcome Italy to York (3pm, BBC2). John Mitchell's squad includes Harlequins' Ellie Kildunne, who was the top scorer and player of the tournament in 2024. On Saturday, Ireland host France in Belfast (1pm, BBC2 in N Ireland & BBC iPlayer) and Scotland face Wales in Edinburgh (4.45pm, BBC2; BBC1 in Wales). Last year, England claimed a sixth title – a third Grand Slam – in a row.

LIVE FOOTBALL

World Cup qualifiers

Saturday, Monday & Tuesday, BBC1 (Wales only), BBC3, ITV1 & S4C

Wales get their World Cup qualification under way with an opening Group J match against Kazakhstan in Cardiff on Saturday (7.45pm, BBC3, BBC1 in Wales, & S4C), followed by a trip to North Macedonia on Tuesday (7.45pm, BBC3, BBC1 in Wales, & S4C). Craig Bellamy's side go into the games full of confidence after an undefeated Nations League campaign when four goals from Fulham's Harry Wilson saw the Dragons gain promotion. On Monday, Thomas Tuchel's England play their second Group K fixture when Latvia visit Wembley for a first meeting between the nations (7.45pm, ITV1).

England keeper Jordan Pickford

Wales star Harry Wilson

Red Bull's Max Verstappen

LIVE MOTORSPORT

F1: Chinese Grand Prix

Sun, race starts 7am, Sky Sports F1 & Sky Sports Main Event

The second Grand Prix of the season takes place at the Shanghai International Circuit, preceded by the first sprint race of 2025. Last year, Max Verstappen took the chequered flag, while the Dutch driver also won the sprint, with Sir Lewis Hamilton in second place. There'll be no home driver for Chinese fans this year following Zhou Guanyu's departure from Sauber.

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Sport week A-Z GUIDE

ATHLETICS

LIVE World Indoor Championships
Sat 10.30am & Sun 11am BBC2
The second and third days from Nanjing's Cube in China. See p28.

AUSTRALIAN RULES

LIVE St Kilda Saints v Geelong Cats
Sat 8.15am TNT Sports 1

LIVE Brisbane Lions v West Coast Eagles
Sat 2am TNT Sports 4

LIVE North Melbourne Kangaroos v Melbourne Demons
Sat 4am TNT Sports 3

LIVE Fremantle Dockers v Sydney Swans
Sun 7am TNT Sports 3

LIVE Essendon Bombers v Port Adelaide Power
Thu 8.15am TNT Sports 1

LIVE Carlton Blues v Western Bulldogs
Fri 8.30am TNT Sports 1

LIVE Melbourne Demons v Gold Coast Suns
Fri 2am TNT Sports 3

BASEBALL

LIVE New York Yankees v Milwaukee Brewers
Thu 7pm TNT Sports 4

LIVE Los Angeles Dodgers v Detroit Tigers
Thu 11pm TNT Sports 3

LIVE Tampa Bay Rays v Colorado Rockies
Fri 8pm TNT Sports 3

BASKETBALL

LIVE Indiana Pacers v Brooklyn Nets
Sat 9pm TNT Sports 3

LIVE Utah Jazz v Cleveland Cavaliers
Sun 7.30pm TNT Sports 4

LIVE Phoenix Suns v Milwaukee Bucks
Mon 2am TNT Sports 1

LIVE Miami Heat v Golden State Warriors
Tue 11.30pm TNT Sports 2

LIVE Sacramento Kings v Oklahoma City Thunder
Tue 2am TNT Sports 2

LIVE Phoenix Suns v Boston Celtics
Wed 2am TNT Sports 1

LIVE Oklahoma City Thunder v Memphis Grizzlies
Thu 12m't TNT Sports 1

LIVE Milwaukee Bucks v New York Knicks
Fri 12m't TNT Sports 4

Rugby league
Warrington Wolves playmaker George Williams and his teammates face Leeds Rhinos on Friday

COMBAT SPORTS

LIVE Leon Edwards v Sean Brady
Sat 8pm TNT Sports 1 & TNT Sports 2

CRICKET

LIVE Kolkata Knight Riders v Royal Challengers Bengaluru
Sat 1.50pm Sky Sports Cricket
The IPL match in Kolkata. See p29.

LIVE New Zealand v Australia
Sat & Tue 1.30am TNT Sports 1
Second and third Women's T20s.

LIVE New Zealand v Pakistan
Sun & Wed 6am TNT Sports 1
Fourth and fifth T20s at Bay Oval.

LIVE Sunrisers Hyderabad v Rajasthan Royals
Sun 9.50am Sky Sports Cricket

LIVE Chennai Super Kings v Mumbai Indians
Sun 2pm Sky Sports Cricket

LIVE Delhi Capitals v Lucknow Super Giants
Mon 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Gujarat Titans v Punjab Kings
Tue 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Rajasthan Royals v Kolkata Knight Riders
Wed 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Sunrisers Hyderabad v Lucknow Super Giants
Thu 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Chennai Super Kings v Royal Challengers Bengaluru
Fri 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE New Zealand v Pakistan
Fri 10pm TNT Sports 1

CURLING

LIVE World Championship
Sat 7am TNT Sports 3; Sun 7am TNT Sports 4

CYCLING

LIVE Milan San Remo
Sat 8.30am TNT Sports 2 & 11am TNT Sports 3

LIVE Tour of Catalunya
Mon-Thu 2.15pm, Fri 1.15pm TNT Sports 1

LIVE Brugge de Panne
Wed & Thu 2pm TNT Sports 3

LIVE E3 Saxo Classic
Fri 3.15pm TNT Sports 1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports+

EQUESTRIAN

LIVE Longines League of Nations
Sat 11.15pm TNT Sports 4

LIVE Saut Hermes
Sun 2.30pm TNT Sports 2

GOLF

LIVE Singapore Classic
Sat 6am & 4am Sky Sports Golf
The third and fourth days from Laguna National Golf Resort Club.

LIVE Valspar Championship
Sat & Sun 11.45am Sky Sports Golf; Sun 7pm Sky Sports Main Event
Days three and four in Palm Harbour.

LIVE Ford Women's NSW Open
Sat 12m't Sky Sports Golf & Sky Sports Mix
The fourth day in New South Wales.

LIVE TGL Finals Series
Mon & Tue 1am Sky Sports Main Event; Mon 1am, Tue 11pm & 1am Sky Sports Golf

LIVE Hero Indian Open
Thu & Fri 7.30am Sky Sports Main Event & Sky Sports Golf
Days one and two from Gurgaon.

LIVE Houston Open
Thu 12.30pm, Fri 12.30pm & 6pm Sky Sports Main Event; Thu & Fri 12.30pm Sky Sports Golf
The first and second days.

LIVE Ford Championship
Thu & Fri 11pm Sky Sports Golf
Days one and two from Arizona.

HORSE RACING

LIVE Kelso
Sat 1pm ITV1

ICE HOCKEY

LIVE Nashville Predators v Toronto Maple Leafs
Sat 11pm Premier Sports 2

LIVE Edmonton Oilers v Seattle Kraken
Sat 2am Premier Sports 1

LIVE Florida Panthers v Pittsburgh Penguins
Sun 10pm Premier Sports 2

LIVE Los Angeles Kings v Boston Bruins
Sun 1am Premier Sports 1

LIVE New Jersey Devils v Vancouver Canucks
Mon 11.30pm Premier Sports 2

LIVE Utah Hockey Club v Detroit Red Wings
Mon 1am Premier Sports 1

LIVE Toronto Maple Leafs v Philadelphia Flyers
Tue 11pm Premier Sports 2

LIVE Los Angeles Kings v New York Rangers
Tue 2.30am Premier Sports 1

LIVE Glasgow Clan v Guildford Flames
Wed 7.15pm Premier Sports 1

LIVE New York Islanders v Vancouver Canucks
Wed 11.30pm Premier Sports 2

LIVE Edmonton Oilers v Dallas Stars
Wed 2am Premier Sports 1

LIVE Tampa Bay Lightning v Utah Hockey Club
Thu 11pm Premier Sports 2

LIVE San Jose Sharks v Toronto Maple Leafs
Thu 2.30am Premier Sports 1

LIVE Columbus Blue Jackets v Vancouver Canucks
Fri 11pm Premier Sports 2

LIVE Winnipeg Jets v New Jersey Devils
Fri 12m't Premier Sports 1

MOTORCYCLING

LIVE Superbike World Championship
Fri 10.30am, 1.45pm & 4pm TNT Sports 3

LIVE MotoGP
Fri 2pm & 6.15pm TNT Sports 2

MOTORSPORT

LIVE Formula 1
Sat 6.40am Sky Sports Main Event & Sky Sports F1
Chinese Grand Prix qualifying.

LIVE World Rally Championship
Sat 11.30am TNT Sports 1; Sat 3.30am & 4.45am, Sun 6am, 8.45am & 11am TNT Sports 2

LIVE Indycar
Sat 5pm & 9pm Sky Sports F1

LIVE F1 Academy
Sat 2.40am Sky Sports F1

LIVE Formula 1
Sat 5.30am Sky Sports Main Event & Sky Sports F1
The Chinese Grand Prix at Shanghai International Circuit. See page 29.

LIVE NASCAR
Sun 6pm Premier Sports 1

LIVE The Thermal Club Indycar Grand Prix
Sun 7pm Sky Sports F1

NETBALL

LIVE London Pulse v London Mavericks
Fri 6.55pm Sky Sports Mix

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY LEAGUE

LIVE Gold Coast Titans v Newcastle Knights
Sat 8.35am Sky Sports Action

LIVE Leeds Rhinos v Wigan Warriors
Sat 5pm Sky Sports Main Event & Sky Sports Action (kick-off 5.30pm)
Super League match at Headingley.

LIVE Castleford Tigers v Hull FC
Thu 7.30pm Sky Sports Action (kick-off 8pm) Super League game.

LIVE Dolphins v Brisbane Broncos
Fri 9am Sky Sports Action

LIVE Warrington Wolves v Leeds Rhinos
Fri 7.30pm Sky Sports Action (kick-off 8pm) Super League game.

RUGBY UNION

LIVE Blues v Crusaders
Sat 6am Sky Sports Action

LIVE Waratahs v Brumbies
Sat 8.30am Sky Sports Mix

LIVE Sharks v Zebre
Sat 12.40pm Premier Sports 2

LIVE Ireland v France
Sat 12.45pm BBC2 (N Ireland only) & BBC iPlayer (kick-off 1pm)
The Women's Six Nations match at Kingspan Stadium, Belfast. See p29.

LIVE Saracens v Harlequins
Sat 2.30pm TNT Sports 1 & ITV4 (kick-off 3.05pm) The Premiership game at Tottenham Hotspur Stadium.

LIVE Scarlets v DHL Stormers
Sat 2.45pm S4C (kick-off 3pm)

LIVE Benetton v Edinburgh
Sat 2.45pm Premier Sports 2 (kick-off 3pm)

LIVE Bulls v Leinster
Sat 2.55pm Premier Sports 1 (kick-off 3pm)

LIVE Scotland v Wales
Sat 4.30pm BBC2 (not Wales) & BBC1 (Wales only) (k-o 4.45pm)
The Women's Six Nations match.

LIVE Ospreys v Connacht
Sat 5pm S4C & Premier Sports 1 (kick-off 5.15pm)

LIVE Dragons v Ulster
Sat 5pm Premier Sports 2 (kick-off 5.15pm)

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LIVE Bristol Bears v Exeter Chiefs
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm) Premiership.

LIVE Toulon v Perpignan
Sat 8pm Premier Sports 2

LIVE Western Force v Fijian Drua
Sun 6am Sky Sports Action

LIVE England v Italy
Sun 2.30pm BBC2 (kick-off 3pm) Women's Six Nations match in York.

LIVE Bath v Gloucester
Sun 2.30pm TNT Sports 1 (kick-off 3pm) Premiership game.

LIVE Bordeaux v Toulouse
Sun 8pm Premier Sports 2

LIVE HSBC SVNS
Thu 2.30am & Fri 1.30am TNT Sports 2

LIVE Hurricanes v NSW Waratahs
Fri 6am Sky Sports Action & Sky Sports Mix

LIVE Brumbies v Highlanders
Fri 8.30am Sky Sports Mix

LIVE Sale Sharks v Northampton Saints
Fri 7pm TNT Sports 1 (kick-off 7.45pm) Premiership.

LIVE Ulster v Stormers
Fri 7pm Premier Sports 1 & 7.15pm BBC2 (N Ireland only) (kick-off 7.35pm)

LIVE Edinburgh v Dragons
Fri 7pm Premier Sports 2 & 7.30pm BBC2 (Wales only) (kick-off 7.35pm)

SAILING

LIVE SailGP
Sat 9.30pm TNT Sports 4; Sun 9.30pm TNT Sports 1

SKIING

LIVE Freestyle Skiing
Sat 9am, Sun 10.30am & Thu 10am TNT Sports 4

LIVE Nordic Combined Skiing
Sat 1.30pm TNT Sports 1

LIVE Ski Jumping
Sat & Sun 3.30pm TNT Sports 4; Thu 9am & Fri 2pm TNT Sports 2

LIVE Alpine Skiing
Sat 4.45pm & 6.30pm, Sun 4.45pm & 6.15pm TNT Sports 3; Sun 6.15pm & Tue 5.45pm TNT Sports 1; Tue 3.15pm, Wed 3.15pm & 5.45pm, Thu 3pm & 6pm TNT Sports 2

LIVE Cross Country Skiing
Sun 1pm TNT Sports 3

SNOOKER

LIVE Players Championship
Sat 6.45pm, Sun 12.45pm & 6.45pm ITV4

TENNIS

LIVE Miami Open
Sat-Tue 3pm, Wed & Thu 4.30pm, Fri 5pm Sky Sports Tennis; Sat 7.30pm, Sun 10pm, Mon-Wed 6pm, Thu 11pm & Fri 10.30pm Sky Sports Main Event; Mon & Tue 3pm Sky Sports+

WINTER SPORTS

LIVE Snowboarding
Sat 12.45pm, Sun 11.30am, Fri 12.30pm & 6.30pm TNT Sports 4

LIVE Biathlon
Sat 12.45pm TNT Sports 1; Sat 2.45pm, Sun 12.15pm & 2.45pm TNT Sports 3

Football planner

Saturday 22

LIVE Notts County v Crewe Alexandra
12noon Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
League Two game at Meadow Lane.

LIVE Hibernian v Rangers
2.30pm Sky Sports Main Event & Sky Sports Football (kick-off 3pm)
The SWPL Cup final from Fir Park.

LIVE EFL
2.50pm Sky Sports+

LIVE Arsenal v Liverpool
5pm Sky Sports Premier League & Sky Showcase, 5.30pm Sky Sports Football (kick-off 5.30pm)
The Women's Super League match staged at Emirates Stadium.

LIVE Cove Rangers v Stenhousemuir
5.20pm BBC Alba (kick-off 5.30pm)
The SPFL League One match.

LIVE Wales v Kazakhstan
7.20pm S4C, 7.30pm BBC1 (Wales only) & BBC3 (kick-off 7.45pm)
The World Cup Group J qualifier at Cardiff City Stadium. Wales qualified for their first World Cup finals since 1958 last time out in 2022, and will be hoping to at least earn a place in the play-offs this time. See p29.

LIVE Washington Spirit v Kansas City Current
11.30pm TNT Sports 2 (kick-off 11.30pm)
The NWSL match from Audi Field.

Sunday 23

LIVE Barcelona v Real Madrid
11am TNT Sports 1 (kick-off 11am)
The Spanish Women's Liga F match at Estadi Olimpic Lluis Companys.

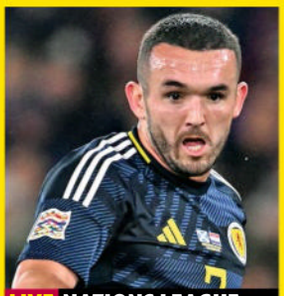
LIVE West Ham United v Tottenham Hotspur
11.45am Sky Sports Main Event, Sky Sports Premier League, Sky Sports Football & Sky Showcase (kick-off 12noon)
The Women's Super League game at Chigwell Construction Stadium.

LIVE Manchester City v Chelsea
2pm BBC1 (kick-off 2.30pm)
The Women's Super League match staged at Emirates Stadium. This is the third of these teams' four meetings in the space of 12 days.

LIVE Eibar v Huesca
3.10pm Premier Sports 1 (kick-off 3.15pm)
The LaLiga 2 fixture from Ipurua.

LIVE Aston Villa v Manchester United
4pm Sky Sports Main Event, Sky Sports Premier League, Sky Sports Football & Sky Showcase (kick-off 4.30pm)
The Women's Super League match staged at Villa Park.

LIVE Scotland v Greece
4.30pm BBC Scotland & 4.55pm BBC2 (kick-off 5pm)
The second leg of the Nations League promotion/relegation play-off staged at Hampden Park. Scotland are looking to avoid relegation to League B.



LIVE NATIONS LEAGUE

Scotland v Greece

Sunday, kick-off 5pm, BBC2 & BBC Scotland

After the first leg of their Nations League play-off in Piraeus on Thursday 20 March (7.45pm), the sides reconvene in Glasgow as Steve Clarke's men bid to remain in League A. Scotland's last home tie was in November – a 1-0 victory over Croatia via a late John McGinn winner.

LIVE INTERNATIONAL FRIENDLY

Sweden v Northern Ireland

Tue, k-o 6pm, BBC2 (Northern Ireland only) & BBC iPlayer

Following a friendly at home to Switzerland on Friday 21 March (7.45pm), Northern Ireland's youthful squad, including Liverpool defender Conor Bradley, will want to continue their good form in Stockholm.

LIVE CHAMPIONSHIP

Sheffield United v Coventry City

Friday, kick-off 8pm, ITV4, Sky Sports Main Event & Sky Sports Football

Coventry have been flying up the table since Frank Lampard took over as coach and the Sky Blues are a good bet for the play-offs. Chris Wilder's Blades, meanwhile, look good for automatic promotion.

LIVE ePremier League finals
6pm TNT Sports 2

LIVE NJ/NY Gotham FC v Orlando Pride
9pm TNT Sports 3 (kick-off 9pm)
The NWSL game at Red Bull Arena.

Monday 24

LIVE Baller League
5pm Sky Sports Mix
The first round of the UK-based version of the six-a-side football league from Copper Box Arena.

LIVE England v Latvia
7pm ITV1 (kick-off 7.45pm)
Both teams' second World Cup Group K qualifier staged at Wembley Stadium. This is the first time these two sides have faced each other, but England will be expecting nothing less than three points against the Latvians, whose only two wins in the last 12 months both came against the Faroe Islands. The English players will be eager to impress Thomas Tuchel and earn their place in future squads for what are likely to be tougher challenges to come. With commentary by Sam Matterface and Lee Dixon, and reports by Gabriel Clarke. See page 29.

LIVE Real Zaragoza v Cordoba
7.25pm Premier Sports 2 (kick-off 7.30pm)
The LaLiga 2 match staged at Estadio La Romareda.

LIVE Dungannon Swifts v Linfield
7.55pm Sky Sports Football (kick-off 8pm)
The NIFL Premiership game staged at Stangmore Park.

Tuesday 25

LIVE Sweden v Northern Ireland
5.45pm BBC2 (N Ireland only) & BBC iPlayer (kick-off 6pm)
The international friendly match at Strawberry Arena, as the teams prepare for their respective World Cup qualifying campaigns. This will be just the third meeting between these nations, with the previous two having come in the qualifying period for Euro 2008, when the match in Sweden finished in a 1-1 draw after Kyle Lafferty leveled following Olof Mellberg's opener.

LIVE North Macedonia v Wales
7.20pm S4C, 7.30pm BBC1 (Wales only) & BBC3 (kick-off 7.45pm)
The World Cup Group J qualifier at Tose Proeski Arena in Skopje. This will be only the third ever meeting between the nations, having previously been drawn together in a qualifying group for the 2014 FIFA World Cup. The match that took place here resulted in a 2-1 victory for the hosts, with Ivan Trichkovski scoring both goals either side of an Aaron Ramsey penalty.

LIVE Argentina v Brazil
11.55pm Premier Sports 1 (kick-off 12m't)
CONMEBOL World Cup qualifier from Estadio Mas Monumental.

Wednesday 26

LIVE Brisbane Roar Women v Melbourne City Women
8am TNT Sports 2 (kick-off 8am)
The A-League game at Perry Park.

LIVE Lyon v Bayern Munich
5.30pm TNT Sports 3 & DAZN (kick-off 5.45pm)
The UEFA Women's Champions League quarter-final second-leg staged at Groupama Stadium.

LIVE Arsenal v Real Madrid
7.30pm TNT Sports 1 & DAZN (kick-off 8pm)
The UEFA Women's Champions League quarter-final second-leg from Emirates Stadium. The hosts won five out of their six group matches to get to this stage, while the visitors finished second in their group behind Chelsea, winning four of their six group games.

Thursday 27

LIVE Barcelona v VfL Wolfsburg
5.30pm TNT Sports 3 & DAZN (kick-off 5.45pm)
The UEFA Women's Champions League quarter-final second-leg staged at Estadi Johan Cruyff.

LIVE Leyton Orient v Stevenage
7.30pm Sky Sports Football (kick-off 8pm)
The League One match staged at Gaughan Group Stadium.

LIVE Chelsea v Manchester City
7.30pm TNT Sports 1 & DAZN (kick-off 8pm)
The UEFA Women's Champions League quarter-final second-leg staged at Stamford Bridge. Chelsea were beaten at the semi-final stage by eventual winners Barcelona last season, whilst Manchester City failed to qualify for last year's competition having finished fourth in the 2022/23 WSL season.

Friday 28

LIVE Western Sydney Wanderers Women v Sydney FC Women
8am TNT Sports 3 (kick-off 8pm)
The A-League match in Sydney.

LIVE Macarthur FC v Newcastle Jets
8.30am TNT Sports 4 (kick-off 8.35am)
The A-League game in Leumeah.

LIVE Sheffield United v Coventry City
7pm Sky Sports Main Event & Sky Sports Football, 7.30pm ITV4 (kick-off 8pm)
The Championship match staged at Bramall Lane. The Blades are one of three teams competing for the two automatic promotion places to the Premier League. However, the Sky Blues have been in magnificent form since the turn of the year and have surged up the table to compete for a play-off berth, and will provide a stern test.

LIVE Bayer Leverkusen v VfL Bochum
7.20pm Sky Sports+ (kick-off 7.30pm)
The Bundesliga match at BayArena. An 89th-minute equaliser from Koji Miyoshi earned Bochum a 1-1 draw against last season's champions in November's reverse fixture.

LIVE Celtic v Glasgow City
7.25pm BBC Alba (kick-off 7.35pm)
The SWPL match at ZLX Stadium.

LIVE Washington Spirit v Bay FC
12m't TNT Sports 3 (kick-off 12m't)
The NWSL fixture from Audi Field.

LIVE Wellington Phoenix v Western Sydney Wanderers
4am TNT Sports 4 (kick-off 4am)
The A-League game in Wellington.

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Saturday

22 March

Evening Planner

Athletics

World Athletics Indoor Championships
BBC2, from 10.30am
Team GB's Amber Anning will be hoping to make it to tonight's 400 metres final.

Game Show

99 to Beat
ITV1, 6pm
Brothers Adam and Ryan Thomas host this game show in which 100 players battle it out to be the last one standing.

Entertainment

Big Night of Musicals
BBC1, 6.50pm
Jason Manford hosts as a stellar line-up of West End stars perform numbers from musicals including *Cabaret* and *Titanique*.

Action Thriller

Plane
C4, 9.15pm
Gerard Butler is well versed in action roles; here he plays a pilot who teams up with a suspected killer (Mike Colter).

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.50 Big Night of Musicals by the National Lottery			8.25 Casualty		9.15 Dope Girls	10.10 News	10.30 Film: The Proposal
	102 BBC2	7.00 Saving Lives at Sea	7.35 The Emerald Isles		8.25 Show Tunes at the BBC: Volume 2			9.55 Show Tunes at the BBC	
	103 ITV1	7.00 Britain's Got Talent			8.20 The 1% Club		9.20 The Jonathan Ross Show		10.25 News
	104 CHANNEL 4		7.15 Our Dream Farm with Matt Baker		8.15 Ancient Greece by Train with Alice...		9.15 Film: Plane		
	105 5	‹ 6.50 Osborne House: A Royal Retreat			8.15 Portugal with Michael Portillo		9.15 Princess Anne: The Royal Rule Breaker		
	106 SKY SHOWCASE	‹ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 Rob & Romesh vs Hollywood Stunts		9.00 Film: John Wick			
ENTERTAINMENT	115 BBC3	7.00 EastEnders	7.30 World Cup Qualifier – Live: Wales v Kazakhstan (Kick-off 7.45)					10.00 Two Pints of Lager and a Packet of...	
	116 BBC4		7.15 All Creatures Great and Small			9.00 Film: One Fine Morning			
	118 ITV2	‹ 6.25 Film: Shazam!				9.00 Film: The Suicide Squad			
	136 MORE4	‹ 6.55 Four in a Bed		7.55 999: On the Front Line		9.00 24 Hours in A&E			
	135 E4	‹ 5.05 Film: Stardust	7.35 The Simpsons			9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 The Cleaning Lady		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Small Town, Big Story		10.00 The White Lotus	
	110 U&GOLD		7.10 Only Fools and Horses						
	111 U&DAVE	‹ 6.40 Would I Lie to You?		8.00 Special Ops: Crime Squad UK		9.00 Not Going Out			10.35 QI XL
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.45 Snooker: Players Championship – Live: Further action from the semi-finals						10.15 River Monsters	
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Film: There's Something About Mary			
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Supervolcano			
	113 SKY MAX	7.00 The Walking Dead				9.00 Small Town, Big Story		10.00 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Death in Paradise	
	130 SKY ARTS	7.00 How the Beatles Changed the World					9.15 Paul McCartney and Wings: One Hand Clapping		
	132 U&W	7.00 Outnumbered				9.00 Miranda			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers		8.00 Harpoon Hunters		9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 My Tiny Terror				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Britain's Underworld	
	123 SKY HISTORY	7.00 Egypt's Unexplained Files				9.00 The UnBelievable with Dan Aykroyd			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 'Allo 'Allo!	10.40 One...
	121 SKY DOCS	7.00 Spitfire				9.00 Michael Flatley: Billion Dollar Dancer			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 The Wasp		8.00 It Ends with Us					10.20 Fight or Flight
	302 BOOKS TO SCREEN	‹ 6.00 Oppenheimer				9.00 Edge of Tomorrow			
	303 HITS	‹ 5.30 Furiosa: A Mad Max Saga		8.00 Mad Max: Fury Road				10.00 300	
	304 GREATS	‹ 5.35 The Great Gatsby		8.00 The Shawshank Redemption					10.25 Born on the...
	305 ANIMATION		7.15 Hotel Transylvania 2		8.50 Paws of Fury: The Legend of Hank				10.40 Road...
	306 FAMILY	‹ 6.05 Bean	7.40 The Flintstones				9.15 The Flintstones in Viva Rock Vegas		
	307 MEN IN BLACK	‹ 5.50 Men in Black	7.30 Men in Black II				9.10 Men in Black 3		
	308 COMEDY	‹ 5.50 Shakespeare in Love		8.00 Anyone But You				9.50 Drive-Away Dolls	
	309 THRILLER	‹ 6.15 Snatch		8.00 The Da Vinci Code					
	310 DRAMA	‹ 6.05 Charlie Wilson's War		8.00 Catch Me If You Can					10.30 The Angels'...
	311 SCI-FI	‹ 6.15 The Woman in Black		8.00 I Am Legend				9.50 The Exorcist: Believer	
	313 FILM4		7.10 10 Things I Hate About You			9.00 The Northman			
SPORT	401 MAIN EVENT	‹ 5.00 Betfred...	7.30 Tennis – Live: The Miami Open						
	402 PREMIER LEAGUE	‹ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 English Managers: The Decline		9.00 Chasing the Dream		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 5.30 Football: WSL – Live (Kick-off 5.30)		8.00 EFL Cup Highlights		9.00 Best Goals	9.30 SWPL Cup		
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 IPL					
	410 TNT SPORTS 1	‹ 5.15 Gallagher Premiership Rugby Union		8.00 UFC – Live: Leon Edwards v Sean Brady					
	411 TNT SPORTS 2	‹ 6.00 UFC – Live: The preliminary bouts; Leon Edwards v Sean Brady							

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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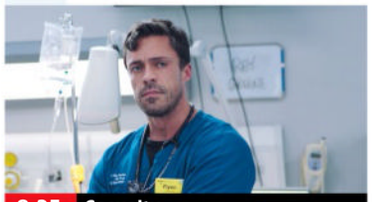
Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Stacey Dooley. (S)
11.30 **Mary Berry: Love to Cook** (S)(R)
12.00 NOON **Rugby Union: Women's Six Nations** (S)
12.30 PM **Homes Under the Hammer** (R)
1.00 **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)
2.05 FILM **Trolls World Tour** Animation with the voice of Anna Kendrick. (S)(AD) (2020, U, 85min) ★★★
3.30 **Planet Earth III** (S)(R)(AD)
4.30 NEW **Comic Relief: Even More Funny for Money** Highlights of this year's extravaganza. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)
5.50 **Gladiators** New edition Bradley and Barney Walsh host the first of this year's semi-finals. (S)(AD)



8.25 Casualty

6 PM

6.50 NEW **Big Night of Musicals by the National Lottery** Jason Manford hosts a musical celebration from Manchester's AO Arena. Daniel Mays joins Jason for a special musical number, Vicky McClure's Our Dementia Choir take on a classic with Michael Ball, and Marisha Wallace performs *Maybe This Time* from *Cabaret*. Plus, appearances from Layton Williams, Billy Porter, Ruthie Henshall, Faye Tozer and Carrie Hope Fletcher. (S)

7 PM

8 PM

8.25 **Casualty** Flynn sets out his plans to improve the ED, unafraid of making enemies in other parts of the hospital if needed – but Russell warns his son-in-law that both their reputations are on the line. (S)(AD)

9 PM

9.15 **Dope Girls** New episode 5/6. When key information behind Silvio's murder falls into the wrong hands, it sets off a dangerous chain of events for Kate and Violet. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.10 **BBC News** (S)
10.30 FILM **The Proposal** Romantic comedy starring Sandra Bullock and Ryan Reynolds. A bossy publishing executive forces her assistant to pretend they are getting married so she can avoid deportation. With Mary Steenburgen, Craig T Nelson and Betty White. (S)(AD) (2009, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Comic Relief: 40 Years of Funny** Emma Willis and Asim Chaudhry introduce four decades' of 'red nose-stalgia'. (S)(R)(AD)
1.15 **Weather for the Week Ahead** (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.00 AM **Children's Programmes**
8.30 **Gardeners' World** (S)(R)
9.30 **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
10.30 LIVE **Athletics: World Indoor Championships** Gabby Logan presents coverage of day two from Nanjing's Cube in China, where medals are decided in eight events. *See feature, page 28.* (S)
1.45 PM **Natural World: Sea Otters – A Million Dollar Baby** (S)(R)
2.40 FILM **The Big Sleep** Vintage thriller starring Humphrey Bogart. (S)(AD) (1946, b/w, PG, 110min) ★★★★★
4.30 LIVE **Rugby Union: Women's Six Nations** Scotland v Wales: Coverage of both teams' opening match of the championship, held at Hive Stadium in Edinburgh. Kick-off is at 4.45. (S)

7.35 The Emerald Isles

6 PM

LIVE **Rugby Union: Women's Six Nations** (started at 4.30pm)

7 PM

7.00 **Saving Lives at Sea** A crew race to rescue a boy who has got into difficulties after jumping off rocks. (S)(R)(AD)
7.35 **The Emerald Isles** New edition 2/3. Ardal O'Hanlon visits the Aran Islands, where a practising monk teaches him about their Christian heritage. (S)

8 PM

8.25 NEW **Show Tunes at the BBC: Volume 2** Elaine Paige presents highlights from the BBC archive of musicals such as *Les Misérables, Hamilton* and *Joseph and the Amazing Technicolor Dreamcoat*. Performers include Shirley Bassey, Alfie Boe and Hugh Jackman. (S)

9 PM

9.55 **Show Tunes at the BBC** Elaine Paige presents a selection of songs from musicals from the BBC archives, including numbers from *Cats, The Lion King, Funny Girl, My Fair Lady, West Side Story, A Little Night Music* and *The Sound of Music*. (S)(R)

10 PM

11.25 **Sings Musicals** Memorable versions of songs taken from or inspired by musicals. (S)(R)
12.25 AM FILM **The Wedding Planner** Romantic comedy starring Jennifer Lopez and Matthew McConaughey. A lovelorn wedding organiser falls in love with her latest client's groom-to-be. (S)(AD) (2001, PG, 100min) ★★★
2.05 **Sign Zone: Ten Pound Poms** (S)(R)
3.05 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
6.30 **The Chase** Quiz show. (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** With Tim Rice. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition (S)
11.45 **Prue Leith's Cotswold Kitchen** New edition With Kelly Brook. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage from Kelso, Newbury and Bangor. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay take part. (S)(R)(AD)

8.20 The 1% Club

6 PM

6.00 NEW SERIES **99 to Beat** Adam and Ryan Thomas host as 100 people compete in a series of simple games to win a cash prize, and all they have to do is not finish in last place. (S)

7 PM

7.00 **Britain's Got Talent** New edition More acts audition for a place in the semi-finals, with judges Simon Cowell, Amanda Holden, Alesha Dixon, Bruno Tonioli and KSI deciding which ones will go through, under the watchful eye of Ant and Dec. (S)

8 PM

8.20 **The 1% Club** New edition Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)

9 PM

9.20 **The Jonathan Ross Show** New edition The host is joined by national treasure Stephen Fry, star of *The White Lotus* Aimee Lou Wood, BAFTA Rising Star nominee Sope Dirisu and comedian Joanne McNally. Plus, music from Yungblud. (S)

10 PM

10.25 **ITV News** (S)
10.40 FILM **Unstoppable** Action thriller starring Denzel Washington and Chris Pine. A train conductor and an engineer set out to stop a runaway train. With Rosario Dawson and Ethan Suplee. (S) (2010, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **Next Level Chef USA** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.05 AM **Cheers** 5-8/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.15 **The Simpsons** (S)(R)(AD)
11.35 FILM **The Karate Kid** Martial arts adventure starring Ralph Macchio. (S)(AD) (1984, 12, 145min) ★★★★
2.00 PM **F1: Chinese Grand Prix Qualifying Highlights** The sprint race and qualifying session in the second race of the season. (S)
3.30 **Grand Designs** Kevin McCloud tracks the renovation of a Cornish flour mill. (S)(R)(AD)
4.30 **The Great Celebrity Bake Off for Stand Up to Cancer** Celebrities put their baking skills to the test, with new judge Caroline Waldegrave appraising the efforts of Chris and Rosie Ramsey, and Scarlette and Stuart Douglas. (S)(R)(AD)
5.45 **News** (S)

8.15 Ancient Greece by Train

6 PM

6.15 **Titanic in Colour** 1/2. Documentary about the doomed ship, featuring photographs and film footage that have been specially colourised for this series, many for the very first time. (S)(R)(AD)

7 PM

7.15 **Our Dream Farm with Matt Baker** New edition The applicants are set the task of welcoming their first tourists to the farm. Split into two groups, they prepare the annexe and the bothy for visitors. (S)(AD)

8 PM

8.15 **Ancient Greece by Train with Alice Roberts** New edition Alice is in the Penteli Hills in Athens, at a site known as the Sanctuary of Dionysus. Local legend has it that a night of drink and revelry there led to the creation of theatre. (S)(AD)

9 PM

9.15 FILM PREMIERE **Plane** Action thriller starring Gerard Butler and Mike Colter. A pilot is forced to ally with a murder suspect when their plane goes down in hostile land. With Yoson An and Tony Goldwyn. (S) (2023, 15, 130min) ★★★
See review, page 25.
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM

11.25 FILM **The Transporter** Thriller starring Jason Statham and Shu Qi. (S) (2002, 15, 100min) ★★★
1.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.55 **Celebrity Undercover Boss USA** With Marcus Samuelsson. (S)(R)
2.45 **The Simpsons** (S)(R)(AD)
4.45 **Location, Location, Location** (R)
5.40 **to 5.50** AM **Find It, Fix It, Flog It** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.20 **Bargain-Loving Brits in the Sun** Triple bill of editions. (S)(R)
12.05 PM **Kate Humble's Coastal Britain** Double bill. (S)(R)
2.05 **Escape to the Cotswolds** 1/6. Poet Pam Ayres explores places surrounding the region. (S)(R) **3.00** 2/6. Pam Ayres travels beyond the Cotswolds borders to Highclere Castle. (S)(R)
4.00 **The Omaze Dream House: Are You Missing Out?** Investigating the company that gives away expensive houses while donating huge sums to charity. (S)(R)
5.00 **Tenerife with Jane McDonald** The singer goes island-hopping across the Canaries. (S)(R)

9.15 Princess Anne: The Royal...

6.45 **News** (S)
6.50 **Osborne House: A Royal Retreat** A look behind the scenes of the royal residence on the Isle of Wight, which was where Queen Victoria and her husband Prince Albert went to escape the pressures of royal life. (S)(R)
8.15 **Portugal with Michael Portillo** New edition 4/6. Michael Portillo explores the island of Madeira, where he visits a water mill looked after by an 83-year-old and learns about the island's historic links to Britain. (S)
9.15 **NEW Princess Anne: The Royal Rule Breaker** Profile of the Princess Royal, hearing from some former employees and looking at how an independent childhood may have formed her no-nonsense attitude. (S)
10.45 **He Said, She Said: Blake Lively vs Justin Baldoni** The legal battle between the Hollywood stars. (S)(R)
12.15 AM **Playgrounds of the Rich & Famous: St Moritz** New edition 5/6. Behind the scenes at the Alpine resort. (S)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **Gardening with Carol Klein** (R)
4.00 **Escape to the Farm with Kate Humble** (S)(R)
4.50 **Wildlife SOS** (S)(SL)(R)
5.15 **House Busters** (S)(SL)(R)
5.40 **to 5.45** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Simon** (S)(R)
6.30 **Team Mekbots: Animal Rescue** Animation. (S)(R)
6.45 **Where's Wally** (S)(R)
7.35 **The Slow Mo Guys' Big Adventures** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **F1: Chinese Grand Prix Highlights** The sprint race and qualifying session in the second race of the season.
11.30 **Ted's Notebook** (R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Landscape Artist of the Year** Double bill. (S)(R)(AD)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **LIVE Football: WSL** Arsenal v Liverpool: The Women's Super League clash from the Emirates Stadium. Kick-off is at 5.30.

9.00 John Wick

LIVE Football: WSL (started at 5.00pm)
8.00 **Rob & Romesh vs Hollywood Stunts** The duo throw themselves into the world of Hollywood stuntmen, and meet *The Fall Guy* stars Ryan Gosling and Emily Blunt. (S)(R)(AD)
9.00 **FILM John Wick** Action thriller starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. With Willem Dafoe, Michael Nyqvist and Alfie Allen (S) (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **An Idiot Abroad 2** 1/8. Karl Pilkington heads to destinations on his 'bucket list'. In the first edition, he spends a night on an island in the South Pacific, attempting bungee jumping and meeting a Prince Philip-worshipping tribe. (S)(R)(AD)
12.00 M'T **The Office (US)** (S9) (S)(R)
2.00 AM **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.00noon Scotland's Greatest Escape (S)(R) **12.30-1.00pm** Rugby Union: Women's Six Nations New edition (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
3.30pm The Wonder of Animals (S)(R) **4.00** Winterwatch in Wales (S)(R) **4.30 LIVE** Rugby Union: Women's Six Nations (S) **7.00** Legends of Welsh Sport: Mark Hughes (S)(R) **7.30 LIVE** World Cup Qualifier (S) **10.00-10.10pm** Weatherman Walking (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
12.45pm LIVE Rugby Union: Women's Six Nations (S) **3.15** Gardening Together with Diarmuid Gavin (S)(R) **3.30-4.30** Gardeners' World (S)(R) **7.00** Suzie Lee: Home Cook Hero (S)(R) **7.05-7.35pm** If Walls Could Talk (S)(R)

WALES
Sky 968, Freesat 968
2.40pm The Emerald Isles New edition (S) **3.30** Gardeners' World (S)(R) **4.30-5.30 NEW** Comic Relief: Even More Funny for Money (S) **5.45** Weather (S) **5.50** Gladiators New edition (S)(AD) **6.50 NEW** Big Night of Musicals by the National Lottery (S) **8.25** Casualty (S)(AD) **9.15** Dope Girls New episode (S)(AD) **10.10 NEW** Amol Rajan Interviews: Alan Sugar (S) **10.55pm-12.25am NEW** Show Tunes at the BBC: Volume 2 (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Y 'Sgubor Flodau **11.00** Bois y Pizza: Chwe' Gwlad (AD) **11.30** Cysgu O Gwmpas (AD) **12.00noon** Ffermio **12.30pm** Sgwrs Dan y Lloer **1.00** Am Dro! **1.55** Colleen Ramsey: Bywyd a Bwyd **2.20** Gwladfa: Gwilym Bowen Rhys **2.45 LIVE** Clwb Rygbi **5.00 LIVE** Clwb Rygbi **7.10** Newyddion a Chwaraeon **7.20 LIVE** Sgorio Rhyngwladol **10.00** Priodas Pum Mil **11.00-11.35pm** Y Tyrchwyr gyda Iolo Williams (AD)

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Nicola attempts to meddle in Teddy's business plans.
7.30 **LIVE Football: World Cup Qualifier** Wales v Kazakhstan: Coverage of both teams' opening Group J match, held at Cardiff City Stadium. Kick-off is at 7.45.
10.00 **Two Pints of Lager and a Packet of Crisps** 5/6. Billy's relationship with Cassie proves a distraction from football training. **10.30** 6/6. Final episode of the sitcom. Donna receives some shocking news. (S9) **11.00** 1/6. First episode of the sitcom. Donna tries to find a boyfriend. **11.30** 2/6. Jonny decides to stop being Mr Nice Guy, and Gaz gets cold feet over his relationship. (S1)
12.00 M'T **Stacey Dooley: Meet the Shoplifters**
12.45 AM **Made Up in Belfast**
1.45 **Press X to Continue**
1.55 **to 3.55** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **The Flying Gardener** Chris Beardshaw helps a school in Cornwall to create a tropical paradise.
7.15 **All Creatures Great and Small** *If Wishes Were Horses:* A local rascal goes on the straight and narrow. **8.10** *Pig in the Middle:* James and Helen celebrate their wedding anniversary.
9.00 **FILM PREMIERE One Fine Morning** French drama with Léa Seydoux. A young widow juggling work and a difficult home life embarks on an affair. Subtitled. (2022, 15, 113min) ★★★★
10.50 **Wogan** With guests Erno Rubik, Gene Hackman and Frankie Howerd.
11.30 **Hancock's Half Hour**
12.00 M'T **The Fall and Rise of Reginald Perrin**
12.30 AM **All Creatures Great and Small** Double bill.
2.15 **Tornado: Dangerous Earth** Documentary.
2.45 **to 3.45** AM **Natural World: Iceland – Land of Ice and Fire**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Four in a Bed**
2.40 PM **Come Dine with Me**
5.20 **Four in a Bed** The contest starts at Just B in Edinburgh. **5.50** The second visit is to Glencoe Villa Guesthouse in Featherstone, West Yorkshire. **6.20** A visit to the Fox Inn in Stourton, Staffordshire.
6.55 **Four in a Bed** The final stay of the week is at the New Inn in Newton, Derbyshire. **7.25** The B&B owners meet up for the final time.
7.55 **999: On the Front Line** Paramedics treat a man who has wrapped his pick-up truck around a tree, and another who is having chest pains that could be a sign of a heart attack.
9.00 **24 Hours in A&E** A woman is brought in with signs of a stroke, and a 77-year-old man may need to have his foot amputated. **10.00** A retired firefighter is treated after being hit in the face with a golf club.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Rude(ish) Tube**
6.20 **The Goldbergs**
8.40 **Lego Masters Australia** New edition
10.00 **FILM Wedding March 5: My Boyfriend's Back** Drama starring Jack Wagner. (2019, PG, 84min) ★★
11.45 **Married at First Sight Australia** Double bill.
2.45 PM **The Big Bang Theory**
5.05 **FILM Stardust** Fantasy adventure starring Claire Danes and Charlie Cox. (2007, PG, 127min) ★★★★
7.35 **The Simpsons** *Marge's Son Poisoning:* Bart volunteers to go cycling with Marge on her new tandem. **8.00** *See Homer Run:* An upset Lisa goes on a rampage through school. **8.30** *The Last of the Red Hat Mamas:* Lisa hires a tutor to teach her Italian.
9.00 **Celebrity Gogglebox** Famous faces appraise *American Pie, The Graham Norton Show, Love Island,* and *The Family Brain Game.*
10.00 **Gogglebox** Opinions on the *Eurovision Song Contest, Bridgerton, Double the Money* and *Narrow Escapes.*
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Gogglebox**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line** An American couple make the move to Alaska. **12.30** PM A sniffer dog uncovers a fortune in undeclared money.
1.00 PM **UK Border Force** A student is prevented from entering the UK.
2.00 **Nothing to Declare**

10.00 Blue Bloods

7 PM — **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM — **8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM — **9.00** **The Cleaning Lady** *Coming Home Again:* 9/10. Thony is left to find her way back home from Mexico with Luca. (S1)

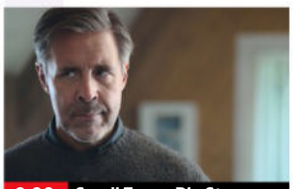
10 PM — **10.00** **Blue Bloods** *Old Friends:* 10/20. A drug shipment arriving in New York must be found before they flood the streets. (S12)
11.00 **Chicago Fire** 19/22. Boden, Ritter, Herrmann and Kidd try to take down a politician. (S11)
12.00 M'T **Law & Order: Organized Crime** 11 & 12/22. (S2)
2.00 AM **The Good Doctor** (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Game of Thrones** (S3)
1.25 PM **Game of Thrones** 8/10. Davos demands to see proof of Melisandre's power. **2.30** 9/10. Jon faces his harshest test to date. **3.30** 10/10. Joffrey stands up to his grandfather. (S3) **4.45** 1/10. Daenerys heads to the slave city of Meereen. **5.50** 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives. **6.50** 3/10. Tywin has an offer for Oberyn Martell. (S4)


9.00 Small Town, Big Story

7.55 **Game of Thrones** *Oathkeeper:* 4/10. Jaime has a mission for Brienne. Jon asks for volunteers to go to Craster's Keep and Daenerys tries to balance justice and mercy. (S4)

9.00 **Small Town, Big Story** *An Dobhar Who?* 4/6. Wendy navigates the arrival of the show's eccentric writer. (S1)

10.00 **The White Lotus** *Full-Moon Party:* 5/8. Dark comedy drama following the guests and staff of a resort in Thailand. (S3)
11.10 **Homicide: Life on the Street** 9/20. Pembleton and Bayliss investigate a teenage shooting. **12.10** AM 10/20. Pembleton finds a scandal from his past coming back to haunt him. **1.10** 11-13/20. Triple bill. (S3)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Supergirl** (S1&2)
11.00 **Grimm** Four episodes of the fantasy drama, including at: **1.50** PM 18/22. A geologist is killed by a fire monster. (S2)
2.45 **The Walking Dead** 1/6. First episode of the post-apocalyptic drama. **4.00** 2/6. Rick discovers another group of survivors. **5.00** 3/6. Rick embarks on a perilous rescue mission. **6.00** 4/6. Rick and his posse discover Merle has escaped from where they left him. (S1)

8.00 The Walking Dead

7.00 **The Walking Dead** *Wildfire:* 5/6. Rick leads the group to the Centre for Disease Control after the attack on their camp.

8.00 **The Walking Dead** *TS-19:* 6/6. Rick and his friends are elated when a doctor allows them to enter the CDC. (S1)

9.00 **Small Town, Big Story** *An Dobhar Who?* 4/6. Wendy navigates the arrival of the show's eccentric writer. (S1)

10.00 **Rob Beckett's Smart TV** With Kadiff Kirwan, David Mitchell, Anna Richardson and Ryan Sampson.
11.00 **An Idiot Abroad 2** 1/8. Karl Pilkington visits destinations on his 'bucket list', beginning in the South Pacific.
12.00 M'T **Strike Back: Retribution** 2/10. The team attempt to extract devious arms dealer Morgan Ives from Libya. (S6)
1.00 AM **The Force: Manchester**
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records** Double bill.
9.40 **Deal or No Deal**
12.40 PM **American Ninja Warrior**
1.40 **The Masked Singer US**
2.35 **FILM How to Train Your Dragon 2** Animated adventure sequel featuring the voice of Jay Baruchel. (2014, PG, 102min) ★★★★
4.40 **FILM Minions** Animated family comedy featuring the voice of Sandra Bullock. (2015, U, 91min) ★★★★

9.00 The Suicide Squad

6.25 **FILM Shazam!** Comedy adventure starring Zachary Levi. Youngster Billy Batson is chosen by the ancient wizard Shazam as his new champion, and receives various superpowers. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM The Suicide Squad** Comic-book adventure starring Idris Elba. Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Family Guy** 6/16. Brian opens a bar with Frank Sinatra Jr. (S7) **12.10** AM 10/12. Brian, Peter and Lois go on holiday. (S6)
12.35 **American Dad!** (S3)
1.35 **Iain Stirling's CelebAbility**
2.20 **World's Funniest Videos**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Agatha Christie's Poirot**
10.05 **Inspector Morse**
12.25 PM **Rosemary & Thyme** *Up the Garden Path:* A garden contest leads to murder. **1.25** *The Cup of Silence:* A wine critic is murdered at Crickle Valley vineyard.
2.55 **Agatha Christie's Marple** *Towards Zero:* A gathering at a Devon estate leads to murder.
5.00 **Midsomer Murders** *Schooled in Murder:* A dairy worker is crushed to death by a giant round of cheese.

11.00 A Touch of Frost

7.00 **Midsomer Murders** *The Sicilian Defence:* Barnaby searches for a link between two cases when a coma victim wakes up a year after she was attacked, and members of a chess club are targeted by a killer. Guest stars Fay Ripley.

9.00 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.

11.00 **A Touch of Frost** *Dancing in the Dark:* Jack investigates when a man is found dead at a council recycling centre.
12.45 AM **The Real Crown: Inside the House of Windsor**
1.40 **Never the Twain**
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Town That Thread Built** Documentary.
8.15 **The Secret Lives of Lighthouse Keepers**
8.45 **Rewind 2000s**
9.00 **Jailed: Women in Prison** 1/4. Following life in two of Scotland's female prisons. **9.30** 2/4. A specialised unit in HMP & YOI Stirling for women with mental health problems.
10.00 **Mrs Brown's Boys** 5/6. Agnes fears her family are planning to send her to a nursing home. (S2)
10.30 **Two Doors Down** 5/6. Christine needs the Bairds' help in buying a baby buggy. (S2)
11.00 **Best of Chewin' the Fat** 5/10. Highlights. (S1)
11.25 **T in the Park: Best Bits**
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners**
10.30 **The Franchise** (S1)
11.45 **Veep** 1-4/10. (S2)
2.25 PM **Curb Your Enthusiasm** (S4)
6.15 **The Office (US)** 17/25. Todd Packer returns to the office to make amends. **6.45** 18/25. The staff get hold of promos for the documentary. **7.15** 19/25. Dwight shoots Stanley with a bull tranquiliser. **7.45** 20/25. A talent agent named Carla Fern helps Andy with his first acting role. **8.15** 21/25. Dwight finally gets his black belt in karate. (S9)
9.00 **And Just Like That...**
10.40 **Entourage** (S6)
11.50 **Barry** 3&4/8. (S1)
1.10 AM **Girls** 5&6/10. (S1)
2.30 **George Lopez: The Wall**
3.50 **Crashing** 1/8. (S2)
4.30 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Len Phillips Swing Orchestra's 100 Years of Big Bands**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Frankie and Johnny** Musical. (1966, U, 87min) ★★
2.40 **Landscape Artist of the Year** Series highlights.
3.40 **FILM Sherlock Holmes and the Spider Woman** Mystery. (1944, U) ★★★
4.50 **Bee Gees: One Night Only** From 1997.
7.00 **How the Beatles Changed the World**
9.15 **Paul McCartney and Wings: One Hand Clapping** Documentary.
10.45 **The Cavern Club: The Beat Goes On**
12.15 AM **The Chieftains: Down the Old Plank Road: Nashville Sessions**
2.35 **Isle of Wight Festival Greatest Hits**
3.30 **Classic Albums**
4.30 **Discovering**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Nothing to Declare**
11.00 **Hope for Wildlife**
1.00 PM **Weird, Wild and Wonderful** The quaint and quirky characters that fill the natural world.
2.00 **City Wildlife Rescue**
3.00 **Malawi Wildlife Rescue**
4.00 **David Attenborough's Kingdom of Plants**
5.00 **Battle of the Alphas**
6.00 **Age of the Big Cats** The stories of the puma.
7.00 **Impossible Animals**
8.00 **Caught on Dashcam**
9.00 **Made for Murder**
10.00 **Sex and the City** (S3)
12.15 AM **Caught on Dashcam**
1.05 **Brit Cops: Law & Disorder** Documentary.
2.00 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **The Singles Table**
8.45 **Fletchers' Family Farm**
9.50 **Scott's Vacation House Rules** Triple bill.
12.40 PM **Abbey Clancy: Celebrity Homes**
1.40 **Drama Queens**
3.45 **The Only Way Is Essex**
4.50 **The Real Housewives of Cheshire** Reality series.
5.50 **Celebrity Dinner Date**
6.50 **FILM Father of the Bride Part II** Comedy sequel starring Steve Martin, Diane Keaton and Kimberly Williams. (1995, PG, 106min) ★★
9.00 **Olivia Attwood's Bad Boyfriends** Double bill.
11.00 **Botched** The most memorable patients.
11.30 **Botched: Most Outrageous OMG Patients Countdown**
11.55 **Botched**
12.55 AM **Backyard Builds**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the series, including at: **7.00** *The Silent Bell:* 4/13. Jonathan helps a minister cope with a crisis of conscience. **8.00** *The Reunion:* 5/13. Mark is reunited with old friends at his high-school reunion. (S5)
9.00 **Fixer Upper Mysteries: Framed for Murder** Crime drama with Jewel Kilcher, Colin Ferguson and Erin Karpluk.
10.55 **Murder 101: Locked Room Mystery** Crime drama starring Dick and Barry Van Dyke, with Susan Blakely.
12.50 AM **The Avengers** (S6)
3.00 **Randall and Hopkirk (Deceased)** 11/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **The Sweeney**
8.20 **Robin of Sherwood**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **Great Racehorses**
11.45 **The Car Years**
12.15 PM **Sharpe**
2.30 LIVE **Rugby Union: Premiership** Saracens v Harlequins: Kick-off is at 3.05.
5.15 **Hot Shots**
5.30 **The Best of the 80s**
5.45 **Grand Slam Years**

2.30 Rugby Union: Premiership

6.45 LIVE **Snooker: Players Championship** Jill Douglas presents coverage of day six from Telford International Centre, featuring the opening semi-final played over the best of 11 frames. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by Phil Yates and David Hendon.

10.15 River Monsters Jeremy Wade journeys to the Pacific Ring of Fire, where an ancient fishing community is being terrorised by something in the water.
11.15 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling.
1.10 AM **The Sweeney**
2.05 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16-20/26. (S4)
4.00 PM **Star Trek: Voyager** 14/26. Kim and Tuvok fall for the same holodeck character. **5.00** 15/26. An ion storm forces Janeway and Chakotay to crash-land their shuttle on an unexplored planet. **6.00** 16/26. One of the Vulcan crew members enters Pon Farr, the race's ferocious mating phase. (S3)

4.00 Star Trek: Voyager

7.00 Star Trek: Voyager *Unity:* 17/26. Chakotay replies to a call for help, only to find himself caught by aliens.

8.00 Star Trek: Voyager *Darkling:* 18/26. A flirtation with an alien makes Kes wonder where her future lies. (S3)

9.00 FILM **Supervolcano** Sci-fi disaster thriller starring William Baldwin. When a supervolcano threatens the island of Hawaii, experts race to save those in the path of the molten lava and stop it for good. (2021, PG, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 The Walking Dead 16/16. The survivors are given a taste of life at Terminus. (S4) **12.00** M'T 1/16. Rick and the group become trapped. **1.00** AM 2/16. Rick leads a risky mission as their supplies run low. (S5) **2.00** 3&4/16. (S5)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
10.00 **Elementary** 7-9. (S3)
1.00 PM **Father Brown**
2.00 **Inspector George Gently**
4.00 **Father Brown** *The Chedworth Cyclone:* Suspicious circumstances surround the death of a local boxer. **5.00** *The Hand of Lucia:* Father Brown investigates when a local writer is murdered. **6.00** *The Eagle and the Daw:* An old foe tells the priest that she has arranged the death of her former lover.

8.00 Shakespeare & Hathaway

7.00 Father Brown *The Smallest of Things:* The priest investigates the macabre world of doll's house crime scenes.

8.00 Shakespeare & Hathaway: Private Investigators 9/10. Frank becomes prime suspect in a murder case.

9.00 Shakespeare & Hathaway: Private Investigators 10/10. Sebastian faces his first solo case. (S4)

10.00 Death in Paradise *I'll Never Let You Go:* 8/9. A man confesses to murder – despite not being able to remember it. (S10)

11.00 Alaska Daily 11/11. Eileen races to find a lead before an innocent man is put away. (S1)
12.00 M'T **Father Brown** *The Kembleford Dragon:* The local stationmaster is murdered.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Keeping Up Appearances**
7.35 **On the Up**
8.10 **Are You Being Served?**
8.50 **Only Fools and Horses**
12.35 PM **Only Fools and Horses** Four episodes, including at: **4.00** Christmas special from 2001. The brothers jet off to Monte Carlo five years after achieving their dream of becoming millionaires. **5.35** Christmas special of the sitcom from 2002. Trotters Independent Traders embark on a booze cruise to France.

10.50 The Royle Family

7.10 Only Fools and Horses Christmas special from 2003. Del and Rodney have only two weeks to find the cash they need to pay the Inland Revenue – or face losing their cherished flat in Nelson Mandela House.

9.00 Only Fools and Horses Christmas special from 1993. Toothache forces Del to visit the dentist, but the prospect of receiving a filling is the last thing on his mind when the receptionist falls for him.

10.50 The Royle Family Denise is a bag of nerves as her wedding day finally arrives, while Antony is being teased about his new haircut.

11.25 Billy Connolly Does...
1.25 AM **Only Fools and Horses**
3.00 **Last of the Summer Wine**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook** Double bill of editions.
8.00 **Storage Hunters UK**
9.00 **Railroad Australia**
11.00 **Red Bull Soapbox Race**
1.00 PM **World's Most Dangerous Roads** Double bill of editions.
3.00 **Robson Green's Weekend Escapes** Triple bill of editions.
5.00 **Simon Reeve's South America** The adventurer travels from Chile's Atacama Desert to Tierra Del Fuego.
6.00 **Would I Lie to You?** Double bill of the comedy panel show.

9.00 Not Going Out

7.20 Would I Lie to You? Guests Davina McCall, Dave Gorman, Janet Street-Porter and Omid Djalili join the regulars.

8.00 Special Ops: Crime Squad UK Surrey police investigate drug dealers, and a Kent crime squad look into local burglaries.

9.00 Not Going Out A piece of family history is unearthed that is best left buried. **9.35** Festive episode. Lee is not happy that Lucy has booked tickets to the pantomime. Guest stars Jason Donovan.

10.35 QI XL Guests Gyles Brandreth, Jimmy Carr and Victoria Coren Mitchell join regular panellist Alan Davies and host Sandi Toksvig.

11.35 Have I Got a Bit More News for You Double bill.
1.35 AM **Not Going Out**
2.20 **to 4.00** AM **British as Folk**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun**
5.00 **A Place in the Sun: What Happened Next?** Triple bill, including at: **7.00** Laura Hamilton catches up with Gilly and Jane at their holiday home in the Dordogne.
7.55 **A Place in the Sun** Helping a couple who dream of retiring to Spain with their son.
8.25 FILM **The Greatest Showman** Musical starring Hugh Jackman and Zac Efron. (2017, PG, 102min) ★★★★
10.25 FILM **Finding Your Feet** Comedy drama starring Imelda Staunton, Celia Imrie and Timothy Spall. (2017, 12, 109min) ★★
12.40 AM **Gogglebox**
1.45 **Celebrity Gogglebox**
2.50 **Open House: The Great Sex Experiment**
3.50 **to 4.55** AM **24 Hours in A&E**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Eight episodes of the series, including at: **6.00** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine and two of his friends. **7.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead. **8.00** *Good Cop, Bad Cop:* 4/24. A Marine with a link to Ziva is found dead. (S7)
9.00 **Criminal Minds** *Target Rich:* 7/22. The team search for a missing college student. **10.00** *Awake:* 8/22. The team get inside the mind of a kidnapper. (S11)
11.00 **Law & Order: Special Victims Unit** (S17)
2.50 AM **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Dogs Behaving (Very) Badly**
9.00 **100 Surprises Caught on Camera**
11.00 FILM **Hook** Fantasy adventure starring Robin Williams, Bob Hoskins and Dustin Hoffman. (1991, U, 140min) ★★★
1.55 PM **Nightmare Tenants, Slum Landlords**
6.55 FILM **From Time to Time** Adventure starring Maggie Smith and Timothy Spall. (2009, PG, 96min) ★★★★
9.00 FILM **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger and Colin Firth. (2016, 15, 123min) ★★★
11.30 FILM **Fame** Musical drama with Irene Cara and Lee Curreri. (1980, 15, 130min) ★★★★
2.15 AM **Killer at the Crime Scene** Documentary.
3.10 **to 4.00** AM **Skin A&E**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Mother's Day: Shop Smart, Save Money**
10.00 **Police Interceptors**
2.00 PM FILM **Star Trek: First Contact** Sci-fi adventure starring Patrick Stewart. (1996, 12, 110min) ★★★★
4.10 FILM **Gunsmoke!** Western starring Audie Murphy and Susan Cabot. (1953, U, 79min) ★★
5.55 FILM **One-Eyed Jacks** Western directed by and starring Marlon Brando. (1961, PG, 141min) ★★★
9.00 FILM **Lock Up** Prison drama starring Sylvester Stallone and Donald Sutherland. (1989, 18, 106min) ★★
11.10 FILM **Unknown** Thriller starring Liam Neeson and Diane Kruger. (2011, 12, 113min) ★★★
1.30 AM **Police Interceptors**
2.25 **Trucking Hell**
3.25 **Car Pound Cops**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at: **6.20** Ben stays at an adventure camp. **7.00** Karen tries to decide which religion she would like to lead. **7.40** Ben is determined to enter a talent competition with an unusual double act. **8.20** Ben and Karen discuss their dreams.
9.00 **Miranda** Penny urges Miranda to improve her career prospects. **9.40** Miranda books herself into a hotel across the road. **10.20** Penny tries to find a man for Miranda.
11.00 **The Undateables**
1.00 AM **Red Flag**
2.00 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.25 AM **Birds of a Feather**
8.35 **Bergerac**
11.40 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **The Marlow Murder Club** 1&2/6. (S2)
5.00 **Mrs Sidhu Investigates**
7.00 **Whitstable Pearl** *Babylon:* 1/6. Pearl is hired by a former soldier who is accused of kidnapping his son. **8.00** *Night Terrors:* 2/6. Mike is laid up at home and gets suspicious of his neighbour's supposed night terrors. (S2)
9.00 **Bergerac** *Different Rules Apply:* 4/6. Chloe finds evidence proving there's truth in John Blakely's accusations. (S1)
10.00 **Harlots** 5/8. (S1)
11.00 **Hotel Portofino** (S1)
12.10 AM **The Heart Guy**
1.10 **The Marlow Murder Club** 1&2/6. (S2)
3.05 **to 4.00** AM **Bergerac**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **Hotel Inspector: You're Fired** Alex Polizzi tackles two hotels at the same time.
7.00 **The Hotel Inspector** Alex heads to Colliters Brook Farm near Bristol, to try to make sense of owner Richard's struggling business.
8.00 Alex helps the owner of The Sheldon B&B in Eastbourne.
9.00 **The Repair Shop** Triple bill of editions.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** Triple bill.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Jimmy Carr, Jack P Shepherd, Matt Dawson and Sally Bercow take part.
5.00 Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine compete for charity.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Price family from Oldham take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **Battle of Kursk**
9.10 **Battle Honours**
11.30 FILM **Apache Ambush** Western with Bill Williams. (1955, U, 68min) ★★
1.00 PM **Wanted: Dead or Alive** Triple bill.
2.30 FILM **The Canadians** Western adventure. (1961, U, 85min) ★★
4.35 FILM **The Comancheros** Western. (1961, PG, 102min) ★★★
7.00 FILM **Hell Boats** World War Two drama. (1969, PG, 95min) ★★
9.00 FILM **Twelve O'Clock High** Drama starring Gregory Peck. (1949, b/w, U, 132min) ★★★★★
11.50 FILM **Battle for the Skies** Wartime drama. (2013, 15, 98min) ★★
2.00 AM FILM **Earthtastrophe** Thriller. (2016, PG, 82min) ★★
4.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **Sue Thomas: F.B.Eye**
10.10 FILM **Instakiller** Thriller. (2018, 12, 90min) ★★
12.10 PM FILM **The Beach Murders: Garage Sale Mystery** Crime drama. (2017, PG, 90min) ★★
2.10 FILM **Murder by Text: Garage Sale Mystery** Drama. (2017, PG) ★★
4.05 FILM **Maid in Manhattan** Romantic comedy. (2002, PG, 105min) ★★★
6.20 FILM **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
9.00 FILM **Cast Away** Survival drama. (2000, 12, 143min) ★★★★
11.55 FILM **Tracker** Drama. (2010, 12, 101min) ★★★
2.15 AM FILM **Global Meltdown** Thriller. (2017, PG, 105min) ★
4.00 **to 6.00** AM FILM **The Terrorist Next Door** Drama. (2008, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM FILM **Home by Spring** (2018, PG) ★★
10.05 FILM **Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
12.00 NOON FILM **All of My Heart** Romantic drama. (2015, PG, 81min) ★★
2.05 PM FILM **Truly, Madly, Sweetly** Romance. (2018, PG, 82min) ★★
4.10 FILM **Sweet Home Carolina** Romance (2017, PG, 84min) ★★
6.00 FILM **Starting Up Love** Comedy. (2019, PG) ★★
8.00 FILM **Cabin Connection** Romantic drama. (2022, PG, 89min) ★★
9.55 FILM **40 Below and Falling at Christmas** Romantic comedy. (2015, PG, 90min) ★★
11.55 FILM **Love on Iceland** Comedy. (2020, U) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **All for Love** (2017, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Huckleberry Finn and His Friends**
7.00 **Worzel Gummidge Down Under**
8.30 **The Fantastic Journey**
10.00 **Fantasy Island** (S1)
1.00 PM **The Blue and the Gray** Drama.
2.40 **Born Free** 3/13. (S1)
3.40 **Bubblegum & Cheese**
4.40 **Stereo Underground**
5.40 **The Fantastic Journey**
7.00 **The Charmer** 5/6. (S1)
8.00 **Bust** 5/6. (S2)
9.00 **Married... with Children** 10/13. Al tries being a bachelor.
9.30 11/13. Marcy has a recurring nightmare.
10.00 12/13. Al arrives at a crossroads. (S1)
10.30 **Police Woman** (S1)
11.30 **The Blue and the Gray**
1.00 AM **That's My Dog**
1.30 **The Charmer** 5/6. (S1)
2.30 **Fantasy Island** (S1)
4.30 **Born Free** 3/13. (S1)
5.30 **to 6.00** AM **That's My Dog**

DMAX

159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters: Mine SOS** Four editions.
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Extinct or Alive** Biologist Forrest Galante combs the Florida Everglades for the black panther, which has never been seen in the US.
8.00 Forrest is in the Faroe Islands to search for the great auk.
9.00 **Unbelievable Me** Paralympian Veronica shares her scars with the world to inspire body confidence.
10.00 The story of actor and model Kanya, who was born with no legs and abandoned at just three months old.
11.00 **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Giada Entertains**
11.00 **James Martin: Sweet**
3.00 PM **Jamie Oliver: Together** Six editions.
9.00 **Man v Food with Casey Webb** Casey's eating adventure takes him to Fargo in North Dakota.
9.30 Casey's culinary quest brings him to Scottsdale in Arizona.
10.00 Casey samples a square pan pizza.
10.30 Casey takes on a pizza slice challenge.
11.00 Casey's epic food adventure takes him to Lafayette, Louisiana.
11.30 In Deadwood, Casey goes back in time at an Old West saloon.
12.00 M'T Casey heads to Denver to sample a fried chicken biscuit.
12.30 AM In Cleveland, Casey tackles a caramel ice cream sundae.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
10.00 **T.J. Hooker** (S4)
3.00 PM FILM **The Legend of the Lone Ranger** Western adventure. (1981, PG, 98min) ★★★
4.55 FILM **Taggart** Western. (1965, b/w, PG) ★★
6.40 FILM **The Virginian** Western adventure. (2014, 12, 90min) ★★
8.30 **The Twilight Zone** (S3)
9.00 FILM **3 Days to Kill** Action thriller starring Kevin Costner. (2014, 12, 117min) ★★★
11.15 FILM **Wanted: Dead or Alive** Action thriller. (1988, 106min) ★★
1.20 AM FILM **Assault on Precinct 13** Thriller with Austin Stoker. (1976, 15, 90min) ★★★★★
3.10 **to 5.00** AM FILM **The Curse of the Werewolf** Horror. (1961, 12) ★★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
8.00 **Delete** Sci-fi thriller.
12.00 NOON FILM **Instrument of War** World War Two drama with Jack Ashton. (2017, 12, 90min) ★★
2.00 PM FILM **7 Guardians of the Tomb** Adventure starring Li Bingbing. (2018, 12, 90min) ★★
4.00 **Farscape** 1-5/22. (S3)
9.00 FILM **Entrapment** Romantic action thriller starring Sean Connery, Catherine Zeta-Jones and Ving Rhames. (1999, 12, 112min) ★★★
11.15 FILM **Every Last One of Them** Crime thriller with Richard Dreyfuss. (2021, 18, 82min) ★★
1.00 **to 3.00** AM FILM **The Loft** Crime thriller starring Karl Urban and Wentworth Miller. (2013, 15, 98min) ★★★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Storage Wars**
8.00 **Swamp People**
10.00 **The UnXplained with William Shatner**
1.00 PM **Weird or What? with William Shatner**
4.00 **Ancient Aliens**
7.00 **Ancient Aliens** Experts investigate whether alien life forms are thriving in Earth's seas.
8.00 Giorgio Tsoukalos selects his top 10 extraordinary creatures.
9.00 **Alien Contact: The Pascagoula UFO Encounter** A look at evidence apparently supporting the existence of extraterrestrial life.
11.00 **The Proof Is Out There** A photograph of a UFO over an Air Force base in New Mexico.
12.00 M'T **Strange Evidence**
1.00 AM **Court Cam**
2.00 **Container Wars**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 138 46 133

9.00 AM **Sandringham: A Royal Residence with Nigel Havers**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **World War II in Colour** Hitler's attempts to shift the balance of power in his favour.
6.00 The war in the Pacific during 1943.
7.00 **Nazi Megastructures** The German campaign across Tunisia and Libya.
8.00 The creation of one of history's greatest air defence systems.
9.00 **Battle of the Atlantic** Exploring the threat from German U-boats.
10.00 **WWII Battles in Colour** The Blitzkrieg attack on Poland in 1939.
11.00 **Memphis Belle in Colour** Documentary.
12.00 M'T **Rob Bell's Engineering Reborn**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Man v Food**
8.00 **Adam Richman Eats Britain** Six editions.
11.00 **My Lottery Dream Home** Eight editions of the series, including at:
2.30 PM David Bromstad helps a couple from Montana spend their $1 million winnings.
3.00 **Escape to the Country** Four editions of the property series.
7.00 **Escape to the Country** Six further editions of the series in which city-dwelling families, couples and individuals set out to find their ideal rural retreats.
1.00 AM **Rock the Block** The teams are challenged to transform a 1,400 square foot basement, and Tamara Day decides who has made the most impressive changes.
2.00 **to 4.00** AM **The Flip Off**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Say Yes to the Dress: UK** Four editions.
9.00 **Say Yes to the Dress: Lancashire**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Baylen Out Loud** Baylen tries Botox to help with her tics.
8.00 **The Bad Skin Clinic** Dr Emma Craythorne and her team of experts attend Katie's leg ulcers.
9.00 **Dr Pimple Popper**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Love Off the Grid**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 8.00pm.
9.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 1-18/24. (S2)
8.00 PM **Michael McIntyre's Big Show** With Danny Dyer, Russell Kane, Gary Barlow and Clean Bandit.
9.00 FILM **There's Something About Mary** Black comedy starring Cameron Diaz and Ben Stiller. A love-struck man tries to find the woman on whom he had a high-school crush. With Matt Dillon. (1998, 15, 119min) ★★★★
11.20 **8 Out of 10 Cats**
12.20 AM **Kevin Hart: Comedy Central Live**
12.50 **Amy Schumer: Comedy Central Live**
1.20 **Teachers** (S3)
1.50 **South Park** (S6)
4.05 **Modern Horror Stories**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
1.00 PM **Michael McIntyre's Big Show** With Danny Dyer, Russell Kane, Gary Barlow and Clean Bandit.
2.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
8.00 **Friends** 15/24. Monica falls for an old friend.
8.30 16/24. Joey decides to move out.
9.00 17/24. Rachel feels smothered by Ross.
9.30 18/24. Eddie becomes annoying.
10.00 19/24. Rachel's sister Amy joins the gang for Thanksgiving.
10.30 20/24. Ross makes plans for his future with Rachel. (S2)
11.00 **Friends** (S2&3)
4.30 AM **Al Murray: Giving It Both Barrels**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Highway Cops**
9.00 **Four Weddings**
11.00 **Nothing to Declare**
2.00 PM **The Ark** Five episodes, including at:
4.00 *Painful Way:* 9/12. Discord gives way to deadly mutiny.
5.00 *Hoping For Forever:* 10/12. Crew members are taken hostage.
6.00 *The Last Thing You Ever Do:* 11/12. The crew attempt a dangerous rescue mission. (S1)
7.00 **Motorway Patrol** Ten editions of the series following the New Zealand highway patrol.
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **A League of Their Own Road Trip: Southeast Asia**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 11/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: Repeat Offenders** Reality series.
2.00 **Catfish: The TV Show** Seven editions of the series, including at:
7.00 Nev and Kamie attempt to hunt down the elusive Jordan.
8.00 Nev and co-host Jane Carrey help a man with a tough choice.
9.00 **Holiday Love Cheats** Stories of holiday romances gone wrong.
10.00 FILM **Kick-Ass** Action thriller starring Aaron Johnson, Nicolas Cage and Chloë Grace Moretz. (2010, 15, 117min) ★★★★
12.00 M'T **Aussie Shore**
1.00 AM **Ink Master**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Deadliest Catch** Four editions, including at: **2.00** PM Sig suffers a major systems failure.
4.00 **Harpoon Hunters** Four harpooners compete to land a monster bluefin tuna. **5.00** Feeling pressure to live up to his famous father's legacy, Niko changes tactics.
6.00 **Gold Rush** Parker decides to investigate a forgotten section of Dominion Creek, Rick expands his ambitions, while Kevin loses an excavator.

12.00 Deadliest Catch

7.00 **Gold Divers** Chris McCully pushes his fancy new equipment to the brink, while Vernon and his rookie diver clash.
8.00 **Harpoon Hunters** With a quarter of the bluefin quota remaining, a change in weather forces a shift in strategy.
9.00 **Naked and Afraid** An inspiring woman who is a double amputee and her ex-military partner battle the Belizean jungle.
10.00 **Naked and Afraid** Two superfans rely on sheer grit as they take on Mexico's Yucatán jungle for 14 days.
11.00 **Expedition Files** The vanishing of the 16th-century inhabitants of Roanoke.
12.00 M'T **Curse of the Bermuda Triangle** A sea monster.
1.00 AM **Moonshiners: Master Distiller** Triple bill of editions.
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Sharkwrecked: Crash Landing** A unique exploration of the world's most remote and shark-infested waters.
3.00 **Sharktacular 2016**
4.00 **My Cat from Hell**
5.00 **Lone Star Law**
6.00 **Tanked** Fernando Varga asks for a boxing glove-shaped tank.

8.00 My Tiny Terror

7.00 **How Do Animals Do That?** The science behind amazing animal facts. **7.30** Exploring how cats always land on their feet.
8.00 **My Tiny Terror** Dogs from the Greater Los Angeles area are visited by a no-nonsense canine behavioural therapist.
9.00 **My Tiny Terror** A 10lb Pomeranian threatens to break up a friendship, and the man of a house wants their dog gone.
10.00 **Edge of Alaska** Neil's project is over budget, while Jeremy and his boys go on a supply run and return with Jason Lobo.
11.00 **Legends of the Wild** Brazilian ranchers are being attacked by an unknown creature. **12.00** M'T Endangered ridley sea turtles turning up dead along the beach in Costa Rica.
1.00 AM **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Mutant Weather**
12.00 NOON **Car S.O.S** Triple bill.
2.00 PM **Construction Fails**
3.00 **Destruction Decoded**
4.00 **Nazi Megastructures** The creation of one of history's greatest air defence systems.
5.00 **Apocalypse: Hitler Takes on the East** The German invasion of the USSR in World War Two. **6.00** It's October 1941, and Hitler believes his triumph over the USSR is imminent.

5.00 Apocalypse: Hitler Takes...

7.00 **Air Crash Investigation** The pilots of a cargo jet believe they lost both engines, but evidence tells another story.
8.00 **Air Crash Investigation** A case from 1977 in which hailstones cracked the windscreen of Southern Airways Flight 242.
9.00 **Air Crash Investigation** When an explosion tears a hole in a 747, the search for answers leads to a deadly short circuit.
10.00 **Britain's Underworld** The story of Mickey Green and the five men responsible for the £6m Security Express Raid.
11.00 **Death Row Texas** Three prisoners facing execution.
12.00 M'T **Mysterious Islands**
1.00 AM **Paranatural**
2.00 **Made in a Day** Double bill.
2.55 **Food Factory USA**
3.45 **Bid & Destroy**
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Flipping Bangers**
9.00 **Tales from Oak Island**
10.00 **Pawn Stars** Triple bill.
1.00 PM **Weird Britain** Four editions, including at: **4.00** Andy McGrath searches for dragons in Somerset.
5.00 **Bradley Walsh: Egypt's Cosmic Code** The presenter visits Ancient Egypt's greatest monuments.
6.00 **Ramses the Great: King of Ancient Egypt** The secrets and lies of the mighty pharaoh.

9.00 The UnBelievable

7.00 **Egypt's Unexplained Files** Science shines a light on the dark side of Ancient Egypt, including a 5,000-year-old homicide.
8.00 **Egypt's Unexplained Files** The truth and lies behind ancient Egypt's icons, including the Great Sphinx and Tutankhamun.
9.00 **The UnBelievable with Dan Aykroyd** Tales of sea beasts, hidden cities and impossible creatures that lurk beneath the Earth.
10.00 **The UnBelievable with Dan Aykroyd** Improbable tales of survival, including free falling 30,000ft without a parachute.
11.00 **Mysteries Unearthed with Danny Trejo** A priceless Ancient Roman mosaic hiding in a New York city apartment.
12.00 M'T **Forged in Fire** Forging two canister damascus knives. **1.00** AM An Indian sabre.
2.00 **Pawn Stars** Triple bill.
5.00 **to 6.00** AM **Weird Britain**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **The World at War**
11.00 **Porridge** Triple bill.
1.00 PM **American Pickers**
4.00 **James May's Toy Stories** The presenter recruits teenagers to build a full-size Airfix model of a Spitfire. **5.00** The presenter enters a Plasticine garden into the Chelsea Flower Show. **6.00** James joins forces with former MP Edwina Currie to build a full-size bridge out of Meccano, but a last-minute accident seemingly puts an end to the project.

10.00 'Allo 'Allo!

7.00 **Bangers & Cash** Derek picks up a quartet of vehicles from a farm in Shropshire, including a 1937 Austin Seven van.
8.00 **Bangers & Cash** Paul and his son Charlie head off on a trip to Leicestershire to collect a vintage Albion truck.
9.00 **Bangers & Cash** Dave travels to Leicestershire to pick up a 1980 Ford Granada Ghia and a 1981 Ford Cortina.
10.00 **'Allo 'Allo!** Last episode. The war draws to a close.
10.40 **One Foot in the Grave** First episode. Victor faces up to retirement.
11.20 **One Foot in the Grave** Margaret tries to take Victor's mind off his depressing situation by encouraging him to attend a fitness class.
12.00 M'T **Bangers & Cash** A 1920s Cyclecar replica.
1.00 **to 3.00** AM **Make It at Market**

+1 hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Shed and Buried: Classic Cars**
9.00 **The Ultimate Cycling Show** A comprehensive guide to bike racing.
10.00 **Wheeler Dealers**
1.00 PM **Wheeler Dealers: On the Road**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
6.00 **Richard Hammond's Workshop** Triple bill.
9.00 **Vinnie Jones in the Country** Vinnie passes his passion for the countryside to the next generation.
10.00 **Meet the Rees-Moggs**
11.00 **Outback Opal Hunters**
12.00 M'T **Outback Truckers**
1.00 AM **Treasure Quest: Snake Island**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **True Crime with Aphrodite Jones**
9.00 **A Killer's Mistake** New edition A predator eludes investigators for years until an unrelated assault presents a lead.
10.00 NEW SERIES **999 Murderer Calling** The story of how Luke D'Wit poisoned his millionaire neighbours so he could take over their business.
11.00 **Faking It: Tears of a Crime** Jeremy Bamber. **12.00** M'T The story of Russell Bishop. **1.00** AM Luke Harlow.
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective** A girl's life was thrown into chaos when her mother was shot dead.
7.00 **Bloodline Detectives** Mark Madger comes home to find his wife Nadine lying in a pool of her own blood.
8.00 **Murder She Solved** A homicide sergeant captures a murderer.
9.00 **A Secret to Die For** Emotions and intrigue run high in an affluent suburb of Detroit. **10.00** A Baton Rouge pastor spins a dark web of shocking secrets.
11.00 **Real Detective**
12.00 M'T **Interview with a Serial Killer** The story of Arthur Shawcross.
1.00 AM **A Secret to Die For**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Five editions.
2.00 PM **Medical Detectives** A young woman falls from a cliff to her death. **2.30** Two agents are killed during a routine motorcade. **3.00** A young woman investigates her mother's disappearance. **3.30** A train crash in Alabama in 1993. **4.00** The truth about a 10-year-old case of an elderly couple's murder is uncovered. **4.30** An inferno at King's Cross station.
5.00 **Evidence of Evil** The case of Christine Eadie and Helen Scott, who vanished without a trace in October 1977.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Wrongly Accused**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Road Wars**
8.00 **Highway Patrol**
9.00 **Brit Cops**
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **How I Caught the Killer** True-crime.
2.00 **Murdered at First Sight**
3.00 **Murders That Shocked the Nation** Double bill.
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** Alun Kyte.
9.00 **The Torso Killer**
10.45 **I'll Be Gone in the Dark**
11.55 **Ireland's Most Evil Killers** Colin Whelan.
1.00 AM **What the Killer Did Next** Megan Newton.
2.00 NEW SERIES **The Girl on the Milk Carton** 1&2/2.
4.10 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Grand Tours of Scotland** As 1.00pm.
8.40 **Legends and Luxury: History of Marrakesh**
9.35 **Living in the Shadow of World War Two**
1.00 PM **Grand Tours of Scotland** The history of Scottish tourism.
1.40 **Legends and Luxury: History of Marrakesh**
2.35 **Spy Ops** Four editions.
6.40 **Legends and Luxury: History of Marrakesh**
7.35 **Living in the Shadow of World War Two** 1/3. Exploring everyday life during the conflict. **8.45** 2/3. A look back at the civilian casualties during World War Two. **9.55** 3/3. Maintaining the morale of the civilian population.
11.00 **Legends and Luxury: History of Marrakesh**
12.00 M'T **Icons of Conquest**
1.20 **to 2.00** AM **Grand Tours of Scotland**

SATURDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Gary Oldman**
7.00 **Discovering: Bruce Willis**
8.00 **The Directors**
10.00 **Eyes on the Prize III**
11.00 **Missile from the East**
1.00 PM **The Last Rider**
3.00 **Dave Not Coming Back**
5.00 FILM **Apollo 11** Documentary. (2019, U, 93min) ★★★★★
6.50 **My Icon: Linford Christie**
7.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
9.00 **Michael Flatley: Billion Dollar Dancer** Documentary following the dancer's life and career.
11.00 FILM **Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
1.30 AM **Dettori** The story of arguably the world's greatest jockey, Frankie Dettori.
3.40 **Pretending I'm a Superman: The Tony Hawk Video Game Story** How a series of video games brought skateboarding into the mainstream.
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
8.00 **Deep in the Heart**
9.00 **Africa's Wild Year**
11.00 **Wild Crusades**
1.00 PM **Cub Camp**
2.00 **Evolution Earth**
5.00 **David Attenborough's Kingdom of Plants** The naturalist explores the varieties of plant life housed at the Royal Botanic Gardens in Kew, West London, and explains what they reveal about the natural world. **6.00** A look at how plants change through the seasons. **7.00** Exploring how some species have reduced their dependence on water.
8.00 **Africa's Hunters** A pride of lions, including young cats learning to hunt, attacks a buffalo herd, but the raid leaves one cub dead.
9.00 **Age of the Big Cats**
10.00 **Deadly Australians**
12.00 M'T **Africa's Hunters**
1.00 AM **Age of the Big Cats**
2.00 **Wild Canary Islands**
3.00 **to 6.00** AM **Animals Like Us**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
3.00 **How the Nazis Lost the War**
5.00 **Deadman's Curse**
6.00 **Cursed Histories**
7.00 **Digging for Britain** Double bill.
9.00 **Ross Kemp: Mafia and Britain** Britain's surprising and deep-rooted links with the Mafia.
10.00 **Secrets of the Hells Angels** The Hells Angels use hang-arounds and Angel wannabes to do their dirty work.
11.00 **Ancient Aliens** Ancient stone monuments around the world. **12.00** M'T The fearsome and mysterious gods worshipped by the Norse Vikings. **1.00** AM The movement known as Ancient Astronaut Theory.
2.00 **Ross Kemp: Mafia and Britain**
3.00 **Secrets of the Hells Angels**
4.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Digging Up Britain's Past**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **#Textmewhenyougethome**
3.00 **Witness to Murder: Digital Evidence** Double bill.
5.00 **Cold Case Files: DNA Speaks**
7.00 **Gypsy Rose: Life After Lock Up**
8.00 **Secrets of Polygamy**
9.00 **Murder Detective** The 2006 murder of Nisha Patel-Nasri.
10.00 **Cops Gone Bad with Will Mellor** A look at the case of Adrian Trevor Moore.
11.00 **Who Murdered You, Mum?** Daniel Wing investigates the unsolved murder of his mother.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Gypsy Rose: Life After Lock Up** New edition Following Gypsy Rose Blanchard as she navigates life outside of prison.
3.00 **Murder by Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Fish Tank Kings**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's Hidden Wonders**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** A cheetah is reunited with her father, and begins a new stage of life.
8.00 **The Incredible Dr Pol** New editions The vets have a day of treating dogs, including a truckload of beagle puppies, a wobbly wolfhound and a tiny pregnant Chihuahua. **9.00** The clinic rolls out the red carpet for the biggest pet personalities in town, including a special guest performance by Frank the singing Chihuahua.
10.00 **Alaska's Grizzly Gauntlet** Les Stroud examines the survival skills of moose in Alaska.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Chris Barrie's Massive Machines** Chris explores the technology of tanks, invented during World War One to break the deadlock of the trenches by combining formidable firepower with protection. **6.30** Chris looks at the history and technology of boats. **7.00** Investigating how the bouncing bomb worked. **7.30** The actor explores the history of submarines.
8.00 **Chris Barrie's Massive Engines** A look into the history of digger engines. **8.30** The history of rocket power, from Chinese fireworks to the giants of the space race.
9.00 **Massive Engineering Mistakes**
12.00 M'T **Incredible Engineering Blunders: Fixed** Double bill.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Expedition with Steve Backshall** Documentary.
10.00 **Expedition with Steve Backshall: Unpacked**
2.00 PM **Expedition with Steve Backshall** Documentary.
3.00 **Expedition with Steve Backshall: Unpacked**
5.00 **The Bill** Four episodes of the police drama, including at: **6.00** *Breaking Point:* Burnside and Dashwood arrest a thief whose fingerprints are found at a crime scene. **6.30** *Jumping the Gun:* CID respond to an armed robbery at a building society.
7.00 **Top of the Pops** Triple bill.
9.00 **The Brokenwood Mysteries** *Dead Men Don't Shoot Ducks:* 3/4. A death occurs on the first day of duck-hunting season. (S6)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.40 **Expedition with Steve Backshall** Documentary.
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Mother, May I Murder?**
10.00 **The Lies That Bind**
12.00 NOON **American Detective with Lt Joe Kenda**
2.00 PM **Disappeared**
4.00 **American Monster**
6.00 **The Killer Beside Me** The case of Leesa Nascimento, who died after being shot in the head. **7.00** How a lunch break became a nightmare for two secretaries who vanished.
8.00 **People Magazine Investigates** The disappearance of 10-year-old Kevin Collins.
9.00 **Dead Silent** The case of college sweethearts forced to fight for survival.
10.00 **Born Evil: The Serial Killer & the Saviour** Hadden reveals his surprising partner in crime.
11.00 **Murder in the Heartland**
12.00 M'T **The Curious Case of Natalia Grace** Double bill.
2.00 AM **The 1990s: The Deadliest Decade** Double bill.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Salvage Hunters: Classic Cars** Five editions of the series, including at: **4.00** PM Drew takes the first type of car he owned and gives it a modern makeover.
5.00 **Kindig Customs** The Pantera is almost done, but nothing proves to be simple with this car. Plus, Dave and Kev get a chance to upgrade their semi rig. **6.00** Dave has his hands full trying to build a 1959 Buick Invicta, which pushes the shop to the max, and even to a Foundry straight out of medieval times. **7.00** The Invicta build finally becomes show-ready after many challenges, including the most ambitious interior job the shop has ever attempted.
8.00 **Motor Pickers** Six editions.
11.00 **Ant Anstead Master Mechanic**
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.30 AM **The Cinema List: Women Oscar Winners**
7.50 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
9.25 PREMIERE **The Wasp** (2024)
11.05 **It Ends with Us** As 8.00pm.
1.25 PM **Fight or Flight** (2025)
3.10 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
6.20 PREMIERE **The Wasp** Thriller. (2024, 15, 96min) ★★★★ *See review, page 23.*

6.20 The Wasp

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Skincare** Comedy thriller. (2024, 18, 86min) ★★★
1.50 **MaXXXine** Crime thriller. (2024, 18, 110min) ★★★
3.45 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.00 AM **Some Other Woman**
7.40 **Absolution** As 2.05am.
9.40 **My Big Fat Greek Wedding 3** Comedy sequel. (2023, 12) ★★
11.30 **Chicago** Musical adaptation. (2002, 12, 112min) ★★★★
1.30 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
3.30 **Mamma Mia! Here We Go Again** Musical comedy sequel. (2018, PG, 114min) ★★★★
5.30 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★

10.00 300

8.00 **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **300** Adventure starring Gerard Butler. In 480 BC, 300 Spartans face overwhelming odds when they make a stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Three Musketeers: Milady** Adventure sequel. (2023, 12, 115min) ★★★★
2.05 AM **Absolution** Crime thriller. (2024, 15, 112min) ★★★
4.05 **Some Other Woman** Thriller. (2023, 15, 85min) ★★★
5.40 **to 6.00** AM **The Cinema List: Biopic**

Sky Cinema Drama

310 410 510 524

6.15 AM **It Is in Us All** As 12.25am.
7.55 **Billionaire Boys Club** (2018)
9.55 **Life Itself** Drama with Oscar Isaac. (2018, 15, 125min) ★★
12.00 NOON **Jackie** Biographical drama starring Natalie Portman. (2016, 15, 100min) ★★★★
1.45 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
4.10 **Dear John** Romantic drama. (2010, 12, 108min) ★★
6.05 **Charlie Wilson's War** Satirical political comedy starring Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★
8.00 **Catch Me If You Can** Steven Spielberg's fact-based adventure starring Leonardo DiCaprio. (2002, 12, 141min) ★★★★★
10.30 **The Angels' Share** Ken Loach's crime caper starring Paul Brannigan. Four Glaswegian ne'er do wells attempt the heist of rare whisky from a distillery. (2012, 15, 96min) ★★★★
12.25 AM **It Is in Us All** Drama. (2022, 15, 92min) ★★★★
2.05 **Billionaire Boys Club** Drama. (2018, 15, 108min) ★
4.05 **Black Dog** Drama with Paul Kaye. (2023, 15, 96min) ★★★
5.50 **to 7.35** AM **Drift** Drama. (2023, 15, 93min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.30 AM **Out of Darkness** (2022)
8.10 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
10.20 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
1.10 PM **The Purge** Horror thriller. (2013, 15, 85min) ★★★
2.45 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
4.35 **Ouija** Horror chiller with Olivia Cooke. (2014, 15, 87min) ★★
6.15 **The Woman in Black** Horror chiller starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
8.00 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
9.50 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. A single parent battles to save the soul of his daughter 13 years after the death of his wife. (2023, 15, 111min) ★★★
11.55 **Kill** Thriller with Daniel Portman. (2023, 15, 94min) ★★★
1.40 AM **Out of Darkness** Prehistoric horror with Iola Evans. Subtitled. (2022, 15, 88min) ★★★
3.20 **Thanksgiving** Horror thriller. (2023, 18, 106min) ★★★
5.20 **to 7.10** AM **Lisa Frankenstein** Horror comedy starring Kathryn Newton. (2024, 15, 101min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.40 AM **Robo-Dog: Airborne**
8.15 **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
10.15 **Hook** Fantasy. (1991, U) ★★★
12.45 PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★★
2.20 **The Witches** Adventure. (1989, PG, 90min) ★★★★
4.00 **Wonka** (2023, PG) ★★★★
6.05 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
7.40 **The Flintstones** Comedy. (1994, U, 93min) ★★★

4.00 Wonka

The Flintstones
(film started at 7.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Flintstones in Viva Rock Vegas** Prehistoric comedy prequel starring Mark Addy, Stephen Baldwin and Kristen Johnston. (2000, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Robo-Dog: Airborne** Family adventure sequel. (2017, U, 88min) ★★★
2.10 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
4.00 **Pups United** Family adventure. (2015, U, 89min) ★★★
5.35 **to 7.15** AM **Mee-Shee: The Water Giant** Adventure. (2005, PG, 94min) ★★★

Sky Cinema Men in Black

307 407 507 521

6.50 AM **Men in Black 3** (2012)
8.40 **Men in Black: International**
10.40 **Men in Black** As 5.50pm.
12.20 PM **Men in Black II** (2002)
2.00 **Men in Black 3** As 9.10pm.
3.50 **Men in Black: International**
5.50 **Men in Black** Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★
7.30 **Men in Black II** Sci-fi action comedy sequel with Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★

7.30 Men in Black II

Men in Black II
(film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

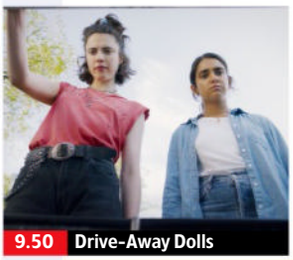
9.10 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Wisecracking Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. (2012, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Men in Black: International** Sci-fi action comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. With Rebecca Ferguson and Kumail Nanjiani. (2019, 12, 110min) ★★★
1.00 AM **Men in Black** As 5.50pm.
2.40 **Men in Black II** As 7.30pm.
4.20 **to 6.10** AM **Men in Black 3**

Sky Cinema Comedy

308 408 508 522

6.40 AM **Nutty Professor II: The Klumps** (2000, 12) ★★★
8.40 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
10.30 **Hope Springs** As 4.05pm.
12.15 PM **Girls Trip** As 2.50am.
2.25 **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12) ★★
4.05 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
5.50 **Shakespeare in Love** Oscar-winning romantic comedy. (1998, 15, 122min) ★★★★



9.50 Drive-Away Dolls

8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Drive-Away Dolls** Action comedy starring Margaret Qualley and Geraldine Viswanathan. Two young women cross paths with a group of inept criminals while on a road trip. (2023, 15, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy with Ben Marshall. (2023, 15, 93min) ★★★
1.05 AM **Paint** Comedy drama. (2023, 12, 96min) ★★★
2.50 **Girls Trip** Comedy with Regina Hall. (2017, 15, 122min) ★★
4.55 **to 7.15** AM **The Book of Clarence** Biblical comedy. (2023, 15, 129min) ★★★

Sky Cinema Thriller

309 409 509 523

6.05 AM **Marlowe** (2022, 15) ★★
8.00 **Out of the Blue** Romantic thriller. (2022, 15, 104min) ★★
9.50 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
11.50 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
2.05 PM **State of Play** Thriller. (2009, 12, 127min) ★★★★
4.15 **Green Zone** Action thriller. (2010, 15, 110min) ★★★★
6.15 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★

6.15 Snatch

8.00 **The Da Vinci Code** Conspiracy thriller based on Dan Brown's novel, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **The Lesson** Thriller with Daryl McCormack and Richard E Grant. A young author is hired to tutor the son of his literary idol. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Battle Royale II: Requiem** Japanese sci-fi thriller sequel. Subtitled. (2003, 18, 133min) ★★
3.10 **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★
5.05 **to 6.55** AM **He Went That Way** Drama. (2023, 15) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
1.05 PM **Patrick** Family comedy. (2018, PG, 94min) ★★★
2.55 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
5.05 **Dante's Peak** Disaster movie. (1997, 12, 108min) ★★★
7.10 **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★

9.00 The Northman

10 Things I Hate About You
(film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Northman** Historical action adventure starring Alexander Skarsgård. Prince Amleth, the son of the murdered Viking King Aurvandill War-Raven, heads to Iceland to exact his revenge. With Nicole Kidman and Claes Bang. (2022, 15, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Conan the Barbarian** Action fantasy adventure starring Jason Momoa and Rachel Nichols. A young warrior grows up determined to wreak revenge on the evil warlord who slew his father. (2010, 15, 112min) ★★
1.55 **to 4.00** AM **Life** Sci-fi thriller starring Jake Gyllenhaal. (2017, 15, 104min) ★★★★

+1 hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Books to Screen

302 402 502 516

7.15 AM **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
9.25 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
11.15 **The Saint** Crime adventure. (1997, 12, 116min) ★★★
1.15 PM **World War Z** Action thriller. (2013, 15, 116min) ★★★★
3.20 **There Will Be Blood** Drama starring Daniel Day-Lewis. (2007, 15, 158min) ★★★★★

6.00 **Oppenheimer** Epic biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. (2023, 15, 180min) ★★★★★
9.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★

11.00 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
1.20 AM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
3.20 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
5.05 **to 7.05** AM **Carmen** Musical. (2022, 15, 116min) ★★★

Sky Cinema Greats

304 404 504 518

6.40 AM **Nobody's Fool** Comedy. (1994, 15, 111 min) ★★★★
8.45 **Scent of a Woman** As 12.55am.
11.30 **Hudson Hawk** As 3.35am.
1.25 PM **John Wick** Action thriller. (2014, 15, 101 min) ★★★★
3.25 **John Wick: Chapter 2** Thriller sequel starring Keanu Reeves. (2017, 15, 122min) ★★★★
5.35 **The Great Gatsby** Drama. (1974, 12, 146min) ★★★

8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **Born on the Fourth of July** Oliver Stone's fact-based drama starring Tom Cruise as Vietnam veteran turned anti-war campaigner Ron Kovic. With Kyra Sedgwick and Willem Dafoe. (1989, 18, 138min) ★★★★★

12.55 AM **Scent of a Woman** Coming-of-age drama. (1992, 15, 157min) ★★★★
3.35 **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
5.30 **to 7.55** AM **Zulu** Epic historical adventure with Michael Caine. (1963, PG, 138min) ★★★★★

Sky Cinema Animation

305 412 500 514

6.50 AM **The Cinema List: Family Favourites**
7.10 **The Ogglies** Animation. (2021, PG, 85min) ★★★
8.50 **Hotel Transylvania** Animation. (2012, U, 91 min) ★★★★
10.35 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
12.20 PM **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

2.00 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
4.00 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
5.30 **Home** Animated adventure. (2014, U, 94min) ★★★
7.15 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
8.50 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
10.40 **Road to El Dorado** Animation. (2000, U, 89min) ★★★

12.15 AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
1.40 **SuperKlaus** (2024, U) ★★
3.20 **Scarygirl** (2023, PG) ★★★
4.55 **to 6.25** AM **Mia and Me: The Hero of Centopia** Animation. (2022, U, 85min) ★★★

Movies 24

312 419

7.00 AM **Love's Greek to Me** Drama. (2023, PG, 90min) ★★
9.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
11.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
1.00 PM **A Bestselling Kind of Love** Drama. (2024, PG, 90min) ★★
3.00 **Flowers and Honey** Romantic drama with Ashley Newbrough. (2021, PG, 90min) ★★

5.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
7.00 **A Nashville Legacy** Romantic comedy starring Andrea Lewis. (2023, PG, 85min) ★★
9.00 **A Priceless Love** Romantic drama starring Erin Agostino. A shopkeeper is approached by a broker determined to buy a valuable teapot which she plans to return to the owner. (2022, PG, 85min) ★★
11.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★

1.00 AM **Cut, Color, Murder** Mystery drama starring Julie Gonzalo. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Love on Retreat** Romantic drama starring Ansley Gordon. (2023, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Inn for Trouble** (1960) ★★
7.45 **Look at Life** Documentary.
7.55 **Black Saddle** 19/24. (S2)
8.25 **Space Patrol** 13/39. (S1)
9.00 **Batman** 9/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Phantom Creeps** 3/12. (S1)
10.25 **Wings of Mystery** (1963) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **The Brain from Planet Arous** (1957, b/w, PG) ★★

1.30 PM **Cinebox Memories**
1.35 **One Step Beyond** 4/22. (S1)
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 18/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 11/32. (S1)
3.35 **The Flemish Farm** (1943) ★★
5.15 **Cinebox Memories**
5.20 **The Night Caller** Sci-fi thriller. (1965, b/w, 18, 82min) ★★
7.00 **Z Cars** 2/13. (S11)
8.00 **A Family at War** 5/13. (S1)
9.05 **Sapphire** Murder mystery. (1959, 15, 92min) ★★★

10.50 **Pendulum** Crime drama. (1968, 15, 106min) ★★
12.55 AM **The File of the Golden Goose** Thriller. (1969, PG) ★★
3.00 **Flannelfoot** Crime thriller. (1953, b/w, U, 75min) ★
4.30 **The Rogues** 22/30. (S1)
5.30 **to 6.00** AM **Out of Town**

Saturday

Sky Sports Main Event

401 511 501 419 439

6.40 AM LIVE **Formula 1** Chinese Grand Prix qualifying session ahead of the second round of the season at Shanghai International Circuit. Start-time 7.00am.
9.00 **Ted's Notebook**
9.30 **Formula 1** The Chinese Grand Prix qualifying session.
11.30 **Sky Sports News**
12.00 NOON LIVE **EFL Notts County v Crewe Alexandra.** Coverage of the League Two match from Meadow Lane. Kick-off 12.30pm.
2.30 PM LIVE **SWPL Cup Hibernian v Rangers.** Coverage of the final of the women's competition staged at Fir Park. Kick-off 3.00pm.
5.00 LIVE **Super League Leeds Rhinos v Wigan Warriors.** Coverage of the top-flight match staged at AMT Headingley Stadium. Kick-off is at 5.30pm.
7.30 LIVE **WTA & ATP Tennis** Coverage of day five of the Miami Open at Miami Gardens in Florida.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of day five of the Miami Open, a hard-court tournament at Miami Gardens.
3.00 AM **Sky Sports News**
4.30 **to 5.30** AM **Ted's Notebook**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Gillette Soccer Saturday** Goal updates.
5.00 PM LIVE **WSL Arsenal v Liverpool.** Coverage of the Women's Super League match from the Emirates Stadium. The Gunners are looking for another top-two finish and will expect three points against Liverpool, who parted company with head coach Matt Beard last month. The reverse fixture back in December saw Arsenal win 1-0, with Alessia Russo scoring the winner in the 20th minute. Kick-off 5.30pm.
8.00 **English Managers: The Decline**
9.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Action from 2012.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2009/10**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **EFL Greatest Games**
10.00 **Saturday Social**
11.00 **EFL Cup Highlights**
12.00 NOON LIVE **EFL Notts County v Crewe Alexandra.** Coverage of the League Two match from Meadow Lane. Both teams will have high hopes of at least finishing in the play-off places this term, and it was Crewe who prevailed 2-0 when the teams met at Mornflake Stadium in November. Kick-off 12.30pm.
2.30 PM LIVE **SWPL Cup Hibernian v Rangers.** Coverage of the final of the women's competition held at Fir Park. Kick-off 3.00pm.
5.30 LIVE **WSL Arsenal v Liverpool.** Coverage of the top-flight match at the Emirates Stadium. Kick-off is at 5.30pm.
8.00 **EFL Cup Highlights** Action from Liverpool v Newcastle United.
9.00 **Best Goals: EFL Cup 24/25**
9.30 **SWPL Cup** Hibernian v Rangers.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Highlights**
12.30 AM **SWPL Cup** The final.
1.00 **WSL** Arsenal v Liverpool.
1.30 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **ICC Champions Trophy Cricket** India v New Zealand
7.00 **IPL** The 2024 final.
8.00 **WPL** Action from the final.
9.00 **ICC Champions Trophy Cricket** Action from India v New Zealand.
10.00 **IPL** Highlights from India.
1.50 PM LIVE **Indian Premier League Kolkata Knight Riders v Royal Challengers Bengaluru.** Coverage of the T20 match at Eden Gardens. The hosts are the reigning champions as well as three-time winners and are looking to become the first team since the Mumbai Indians in 2020 to win back-to-back tournaments. Their visitors have surprisingly never won this competition, despite having top IPL run-scorer Virat Kohli in their ranks.
6.00 **Best of ICC WT20**
7.00 **ICC Champions Trophy Cricket**
8.00 **IPL** Highlights from India.
11.00 **ICC Champions Trophy Cricket**
12.00 M'T **WPL** Action from the final at Brabourne Stadium in Mumbai.
1.00 AM **IPL** Kolkata Knight Riders v Royal Challengers Bengaluru.
5.10 **Ashes Greats** Action from 2001.
5.30 **to 6.00** AM **Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** Coverage of day three of the Porsche Singapore Classic from Laguna National Golf Resort Club.
7.00 **Tour Golf Highlights**
7.30 **My Ryder Cup**
8.00 **DP World Tour Golf**
11.00 **My Ryder Cup**
11.15 **Tour Golf Highlights**
11.45 LIVE **PGA Tour Golf** Coverage of the third day of the Valspar Championship from Innisbrook Resort in Palm Harbour, Florida.
10.00 PM **Tour Golf Highlights**
10.30 **Golf** Recent action.
11.00 **Playing Lessons**
12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day four of the Ford Women's NSW Open.
4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of day four of the Porsche Singapore Classic.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Indian Wells.
7.00 **WTA & ATP Tennis** Miami Open.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day five of the Miami Open at Miami Gardens in Florida.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of the fifth day of the Miami Open staged at Miami Gardens in Florida.
3.00 AM **Best of Jack Draper**
3.15 **Bitesize Tennis** Highlights.
4.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 521 408 430

8.00 AM **UEFA Europa League**
8.15 LIVE **AFL St Kilda Saints v Geelong Cats.** From Marvel Stadium. Bounce-up 8.35am.
11.15 **UEFA Conference League**
11.30 LIVE **World Rally Championship** Safari Kenya.
12.45 PM LIVE **Biathlon** From Oslo.
1.30 LIVE **Nordic Combined Skiing** Coverage from Lahti.
2.00 **TNT Sports Cricket Reload**
2.30 LIVE **Gallagher Premiership Rugby Union Saracens v Harlequins.** Coverage of the match from Tottenham Hotspur Stadium. Kick-off 3.05pm.
5.15 LIVE **Gallagher Premiership Rugby Union Bristol Bears v Exeter Chiefs.** Coverage from Sandy Park. Kick-off 5.30pm.
8.00 LIVE **UFC Leon Edwards v Sean Brady.** Coverage of the welterweight bout staged at the O2 Arena, plus the undercard.
11.30 **Premiership Rugby Union**
1.30 AM LIVE **Women's International T20 Cricket New Zealand v Australia.** Coverage of the second T20 in the three-match series at Bay Oval.
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 871 522 409 431

6.00 AM **Crouchy and Cole**
6.30 **Premiership Rugby Union**
7.30 **The Ultimate Cycling Show**
8.30 LIVE **Cycling** The men's Milan San Remo one-day race in Italy.
4.30 PM **Chasing Cobbles**
5.30 **MotoGP Rewind**
5.45 **Tom Aspinall's Fight Lab**
6.00 LIVE **UFC** Coverage of the preliminary bouts from UFC Fight Night at the O2 Arena in London.
8.00 LIVE **UFC Leon Edwards v Sean Brady.** Coverage of the welterweight bout staged at the O2 Arena, plus the undercard.
11.30 LIVE **NWSL Washington Spirit v Kansas City Current.** Coverage of the match staged at Audi Field. Kick-off 11.30pm.
1.45 AM **Alpine Skiing** The downhill competitions in Sun Valley, Idaho.
2.45 **MotoGP Rewind**
3.00 **World Rally Championship**
3.30 LIVE **World Rally Championship** Coverage of the Safari Kenya Special Stage 17.
4.30 **TNT Sports Reload**
4.45 LIVE **World Rally Championship** Coverage of the Safari Kenya Special Stage 18.
5.45 **to 6.00** AM **Superbike Rewind**

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Blues v Crusaders.** Coverage of the match at Eden Park in Auckland, New Zealand. Kick-off 6.05am.
8.00 **Super League Highlights**
8.35 LIVE **NRL Gold Coast Titans v Newcastle Knights.** Coverage of the match in the third round of fixtures staged at Cbus Super Stadium. Kick-off 8.35am.
10.35 **My Icon** Leon Pryce.
10.45 **Top Rank Boxing Archive**
11.00 **Kansas City Chiefs: Franchise**
11.30 **NFL Bitesize Highlights**
12.00 NOON **Super League Highlights**
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 LIVE **Super League Leeds Rhinos v Wigan Warriors.** Coverage of the top-flight match staged at AMT Headingley Stadium. Kick-off 5.30pm.
7.30 **Premier League Darts**
11.30 **PDC Classics** Archive action.
12.30 AM **Super League Highlights**
1.00 **The Rugby Championship**
3.00 **Fight Night** Jonas v Price.
4.00 **Women's Super League**
4.15 **Super League Highlights**
5.00 **to 6.00** AM **Fight Night**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** Views on today's early stories and a look at the back pages.
10.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
12.00 NOON **Soccer Saturday Pre-Match** Build up to the afternoon's football with in-depth interviews and features.
2.00 PM **Gillette Labs Soccer Saturday** Pre-match analysis and discussion about the afternoon's football up and down the country.
2.50 LIVE **EFL** Coverage of an English Football League fixture.
5.00 LIVE **NCAA Basketball** Rolling coverage of today's matches in the NCAA college basketball tournament, as a number of subregional second-round games take place at arenas around the country. Another eight matches are scheduled to take place today as the round of 32 commences, with the winners of today's games progressing to the Sweet Sixteen on Thursday.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **My Icon** Sporting influences.
6.30 **Fight Night International**
7.30 **My Icon** Sporting influences.
8.00 **Super League Highlights**
8.30 LIVE **Super Rugby Waratahs v Brumbies.** Coverage of the match from the sixth round of fixtures staged at Allianz Stadium in Sydney. Kick-off 8.35am.
10.30 **TGL** New York v Los Angeles.
12.30 PM **TGL** Atlanta Drive v The Bay.
2.30 **The Rugby Championship**
4.30 **Fight Night International**
5.30 **My Icon** Sporting influences.
6.00 **Super League Highlights**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Show Jumping** Dutch Masters.
10.00 **The Rugby Championship**
12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day four of the Ford Women's NSW Open staged at Wollongong Golf Club.
5.00 AM **My Icon** Sporting influences.
5.30 **to 6.00** AM **One Championship**

TNT Sports 3

413 874 523 410 432

7.00 AM LIVE **Curling World Championship** A women's semi-final from South Korea.
10.00 **Premiership Rugby Union**
11.00 LIVE **Cycling** Milan San Remo.
2.00 PM **MotoGP Rewind**
2.15 **Superbike Rewind**
2.30 **Tom Aspinall's Fight Lab**
2.45 LIVE **Biathlon** In Oslo, Norway.
3.45 **T20 Cricket Highlights**
4.45 LIVE **Alpine Skiing** Sun Valley.
6.00 **UEFA Conference League**
6.15 **UEFA Europa League Goals**
6.30 LIVE **Alpine Skiing** Sun Valley.
7.30 **Biathlon** From Oslo, Norway.
8.30 **Ski Jumping** From Lahti, Finland.
9.00 LIVE **NBA Indiana Pacers v Brooklyn Nets.** Tip-off 9.00pm.
11.30 **Premiership Rugby Union**
1.30 AM **NBA on Fire** The latest news.
2.00 **Cycling** Recent highlights.
4.00 **to 7.00** AM LIVE **AFL North Melbourne Kangaroos v Melbourne Demons.**

TNT Sports 4

414 876 524 411 434

8.30 AM **Freestyle Skiing**
9.00 LIVE **Freestyle Skiing** From Engadin in Switzerland.
12.45 PM LIVE **Snowboarding** Coverage from Switzerland.
2.00 LIVE **Snowboarding** Coverage of the SBX competition in Austria.
3.00 **NBA on Fire** The latest news.
3.30 LIVE **Ski Jumping** From Lahti.
5.30 **NBA** Clippers v Grizzlies.
7.00 **TNT Sports Cricket Reload**
7.30 LIVE **Triathlon T1 World Cup** Coverage from Lievin, France.
9.00 **World Rally Championship**
9.30 LIVE **SailGP** In San Francisco.
11.00 **MotoGP Rewind**
11.15 LIVE **Longines League of Nations** From Ocala, Florida.
1.15 AM **World Rally Championship**
1.45 **UEFA Europa League Goals**
2.00 LIVE **AFL Brisbane Lions v West Coast Eagles.** From Brisbane. Bounce-up 2.10am.
5.00 **to 6.00** AM **Biathlon**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **Transworld Sport** Magazine.
8.00 **NASCAR Highlights**
9.00 **LaLiga Specials**
10.00 **Cape to Cape**
11.00 **Motorsport Highlights**
12.30 PM **NHL on the Fly**
1.00 **United Rugby Championship**
2.55 LIVE **United Rugby Championship Bulls v Leinster.** Kick-off 3.00pm.
5.00 LIVE **United Rugby Championship Ospreys v Connacht.** From Swansea.com Stadium. Kick-off 5.15pm.
7.15 **United Rugby Championship**
10.00 **Sporting Countdowns**
10.30 **Sporting Greats**
11.00 **United Rugby Championship**
1.00 AM **Transworld Sport** Magazine.
2.00 LIVE **NHL Ice Hockey Edmonton Oilers v Seattle Kraken.** Face-off 2.00am.
5.00 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 552

6.00 AM **LaLiga** Girona v Valencia.
8.00 **Elite Ice Hockey League**
10.00 **Bike World** Magazine.
10.30 **Rugby Union Highlights**.
12.40 PM LIVE **United Rugby Championship Sharks v Zebre.**
2.45 LIVE **United Rugby Championship Benetton v Edinburgh.** Kick-off 3.00pm.
5.00 LIVE **United Rugby Championship Dragons v Ulster.** Kick-off is at 5.15pm.
7.15 **LaLiga Specials**
7.30 **Africa Eco Race** Highlights.
8.00 LIVE **Top 14 Rugby Union Toulon v Perpignan.**
10.00 **GP Confidential** The latest news.
10.30 **Temples of Sport**
11.00 LIVE **NHL Ice Hockey Nashville Predators v Toronto Maple Leafs.** Face-off 11.00pm.
2.00 AM **Temples of Sport**
2.30 **NHL: This is Hockey**
3.00 **Bike World** Magazine.
3.30 **to 6.00** AM **Highlights**

Sky Sports F1

406 516 506 424 444

6.40 AM LIVE **Formula 1** Chinese Grand Prix qualifying session.
9.00 **Ted's Notebook**
9.30 **Formula 1** Chinese Grand Prix.
11.30 **Ted's Notebook**
12.00 NOON **Formula 1** From China.
1.00 PM **F1 Features**
1.30 **Formula 1** Chinese Grand Prix.
4.30 **Ted's Notebook**
5.00 LIVE **Indycar** The Thermal Club IndyCar Grand Prix second practice.
6.00 **Ted's Notebook**
6.30 **F1 Academy Highlights**
7.30 **Formula 1** Chinese Grand Prix.
8.30 **F1 Features**
9.00 LIVE **Indycar** The Thermal Club IndyCar Grand Prix qualifying.
10.30 **Formula 1** Chinese Grand Prix.
12.30 AM **Ted's Notebook**
1.00 **Indycar** Recent highlights.
2.30 **Lewis Hamilton 8 Times**
2.40 LIVE **F1 Academy** Coverage of the Chinese Grand Prix race two.
3.30 **Formula 1** Chinese Grand Prix.
4.30 **to 5.30** AM **Ted's Notebook**

SKY HD SD VIRGIN HD EE HD

Sunday

23 March

Evening Planner

Motorsport

F1: Chinese Grand Prix
Sky Sports Main Event & Sky Sports F1, race starts at 7am
Can Lando Norris better last year's second place finish in Shanghai this time?

Drama

This City Is Ours
BBC1, 9pm (box set, BBC iPlayer)
James Nelson-Joyce stars as Michael, who starts to picture a life outside the gang he's in when he falls for Diana.

Thriller

Protection
ITV1, 9pm
Nyles (Siobhan Finneran) takes drastic measures to protect her highly vulnerable witness, as the crime drama continues.

Profile

Ken Dodd: A Legacy of Happiness
BBC2, 9pm
Profile of the Liverpudlian comedian, using home movies and personal diaries.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Ten Pound Poms		9.00 This City Is Ours		10.00 News	10.30 Film: Prestige
	102 BBC2		7.15 Expedition with Steve...	8.00 This Farming Life		9.00 Ken Dodd: A Legacy of Happiness			
	103 ITV1	7.00 Celebrity Catchphrase		8.00 Who Wants to Be a Millionaire?		9.00 Protection		10.00 News	10.20 Film: The Hitman's...
	104 CHANNEL 4	‹ 6.35 Inside McVitie's	7.40 The Great Celebrity Bake Off for Stand Up to Cancer			9.00 Tempting Fortune		10.00 Gogglebox	
	105 5	‹ 6.35 Stonehenge: The Discovery with...		8.00 Warship: Life in the Royal Navy		9.00 Forensics: Murder Scene			10.30 Police...
	106 SKY SHOWCASE	7.00 Bradley Walsh: Egypt's Cosmic Code		8.00 Ramses the Great: King of Ancient...		9.00 F1: Chinese Grand Prix Highlights		10.00 Ricky Gervais: Fame	
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Waterloo Road		9.00 Paranormal: Britain's Last Witch		10.00 The Idaho Murders: Trial by TikTok	
	116 BBC4	7.00 Musicals: The Greatest Show			8.20 Wogan on Follies	9.00 Sondheim on Broadway: Follies – Four Days in New York			10.35 Sondheim...
	118 ITV2	‹ 6.25 Film: Ghostbusters				9.00 Family Guy			
	136 MORE4	‹ 6.50 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	7.05 The Simpsons				9.00 Film: Raiders of the Lost Ark			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Gangs of London		10.00 The Wire	
	110 U&GOLD	‹ 6.40 Only Fools and Horses				9.00 Men Behaving Badly			10.20 Only Fools and Horses
	111 U&DAVE	7.00 Speed with Guy Martin		8.00 World's Most Dangerous Roads		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	7.00 Rosemary & Thyme		8.00 Doc Martin		9.00 Belgravia: The Next Chapter		10.00 Vera	
	120 ITV4	‹ 6.45 Snooker: Players Championship – Live: The concluding frames of the final						10.00 Film: D-Tox	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bad Moms			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Stargate – Ark of Truth			
	113 SKY MAX	7.00 Grimm		8.00 Freddie Down Under		9.00 Film: Final Score			
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Miss Scarlet	
	130 SKY ARTS	7.00 Elvis Presley: A Legend in Concert		8.00 Film: Frankie and Johnny			9.45 Ian Dury and the Blockheads: Hold on to Your...		
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Marooned with Ed Stafford		10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Celebrity Animal Encounters		9.00 Crikey! It's the Irwins		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Mutant Weather		8.00 Mysterious Islands		9.00 Drain the Titanic		10.00 Nazi Sunken Sub	
	123 SKY HISTORY	7.00 Britain's Most Historic Towns		8.00 UFO Encounters UK				10.00 Alien Contact: The Pascagoula UFO...	
	155 U&YESTERDAY	‹ 6.40 Porridge		8.00 Antiques Roadshow				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Lancaster				9.00 Chernobyl: The Lost Tapes			
FILMS – Sky Cinema	301 PREMIERE	‹ 4.50 Horizon: An American Saga...		8.00 It Ends with Us					10.20 The Wasp
	302 BOOKS TO SCREEN	‹ 6.00 War of the Worlds		8.00 Jack Reacher					10.15 Jack Reacher: Never Go...
	303 HITS	‹ 6.20 Men in Black		8.00 Men in Black II			9.45 Men in Black 3		
	304 GREATS	‹ 5.50 Superman II		8.00 Superman III				10.05 Superman IV – The Quest for...	
	305 ANIMATION		7.10 Hotel Transylvania 3: Summer Vacation		8.50 The Road to El Dorado				10.30 Scooby-Doo!...
	306 FAMILY	‹ 5.40 IF	7.30 Goosebumps 2: Haunted Halloween			9.10 The Hobbit: An Unexpected Journey			
	307 ACTION	‹ 6.40 Men in Black 3			8.30 Men in Black: International				10.30 Men in Black
	308 COMEDY	‹ 6.15 The Nutty Professor		8.00 David Brent: Life on the Road			9.40 In & Out		
	309 THRILLER	‹ 5.30 Bad Boys II		8.00 Angels & Demons					10.30 Changing Lanes
	310 DRAMA	‹ 6.00 Eternal Sunshine of the Spotless Mind		8.00 Meet Joe Black					
	311 SCI-FI	‹ 6.20 Zombieland		8.00 Five Nights at Freddy's				9.55 The Adjustment Bureau	
	313 FILM4	‹ 6.45 Bumblebee				9.00 Ambulance			
SPORT	401 MAIN EVENT	7.00 PGA Tour Golf – Live: The Valspar Championship						10.00 Tennis – Live: The Miami Open	
	402 PREMIER LEAGUE	7.00 English Managers: The Decline		8.00 Chasing the Dream				10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL Cup Highlights		8.00 Best Goals	8.30 WSL				10.30 SWPL Cup
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	‹ 6.15 Alpine Skiing...	7.30 World Rally...	8.00 Crouchy and...	8.30 T20 Cricket Highlights		9.30 SailGP – Live: The second day of the fifth round of the season		
	411 TNT SPORTS 2	‹ 6.00 ePremier League – Live: Coverage of the finals of the competition						10.00 Women's T20 International Cricket	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Bargain Hunt** (S)(R)(AD)
12.10 PM **Songs of Praise** New edition Rev Kate Bottley visits Cheshire. (S)
12.45 **BBC News** (S)
1.00 **Gladiators** 9/11. Bradley and Barney Walsh host the first of this year's semi-finals. (S)(R)(AD)
2.00 LIVE **Football: Women's Super League** Manchester City v Chelsea: All the action from the top-flight match at the Etihad Stadium. Kick-off is at 2.30. (S)
4.50 **BBC News** (S)
5.05 **Local News** (S)
5.15 **Countryfile** New edition John Craven reports on England's first official beaver reintroduction. (S)

8.00 Ten Pound Poms

6 PM

6.15 The Americas New edition 4/10. Extraordinary animal behaviours in the Amazon rainforest, including never-before-filmed footage of turtle hatchlings making a dash to the river. (S)(AD)

7 PM

7.00 Antiques Roadshow Fiona Bruce and the team visit Alexandra Gardens in Cardiff, where treasures include a rare Welsh rugby shirt, colourful cameo glass and unseen photos of The Rolling Stones. (S)(R)

8 PM

8.00 Ten Pound Poms New episode 3/6. Annie's attendance at the women's group lands her in trouble, while Terry grows closer to Christine. (S2) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 NEW SERIES **This City Is Ours** 1/8. Crime drama about a gang member tempted to seek a new life. Stars James Nelson-Joyce. *See feature, page 4.* (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **The Prestige** Period mystery thriller starring Hugh Jackman and Christian Bale. In 1890s London, a tragic accident sparks a bitter enmity between two stage magicians and leads to a tit-for-tat battle of illusions and tricks. With Scarlett Johansson. (S)(AD) (2006, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **The Women's Football Show** Highlights of the weekend's games in the Women's Super League. (S)
1.25 **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **A to Z of TV Gardening** (S)(R)
7.30 **Countryfile** (S)(R)
8.30 **Weatherman Walking: The Welsh Coast** (S)(R)
9.00 **This Farming Life** (S)(R)
10.00 **Andi Oliver's Fabulous Feasts** (R)
11.00 LIVE **Athletics: World Indoor Championships** The third and final day from Nanjing's Cube, China. (S)
1.45 PM **Nadiya's Simple Spices** (S)(R)
2.15 **Hairy Bikers: Pies & Pasties** (R)
2.30 LIVE **Rugby Union: Women's Six Nations** England v Italy: Coverage from LNER Community Stadium in York. Kick-off is at 3.00. (S)
4.55 LIVE **International Football: Nations League Qualifier** Scotland v Greece: Coverage of the second leg of the promotion/relegation play-off from Hampden Park. Kick-off is at 5.00. (S)

7.15 Expedition with Steve Backshall

6 PM

LIVE **International Football: Nations League Qualifier** (started at 4.55pm)

7 PM

7.15 Expedition with Steve Backshall 2/10. Steve leads an expedition into a desert canyon in Oman. With temperatures soaring, dehydration and heat stroke are a constant threat. (S)(R)(AD)

8 PM

8.00 This Farming Life New edition 9/12. The Imries prepare for their biggest event – a family music festival. Nick has a new business idea, while the Bakers pause shearing to join the Papay fun weekend. (S)

9 PM

9.00 NEW **Ken Dodd: A Legacy of Happiness** Documentary revealing the private man behind one of Britain's most respected comedians, with contributions from celebrity fans and friends, home movie clips and extracts from notebooks which Dodd is said to have wanted burnt after his death. (S)(AD)
10.45 FILM **The Producers** Comedy written and directed by Mel Brooks, starring Zero Mostel and Gene Wilder as a pair of crooked Broadway producers mounting a show that is designed to be a huge flop. With Kenneth Mars. (S) (1967, PG, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM

12.10 AM **Sign Zone: Amanda & Alan's Spanish Job** (S)(R)(AD)
12.40 **Sign Zone: Question Time** Topical debate from Reading. (S)(R)
1.40 **Sign Zone: Virdee** (S)(R)(AD)
2.40 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **In for a Penny** (S)(R)(AD)
6.25 **Britain's Got Talent** (S)(R)
7.30 **James Martin's Saturday Morning** With Asma Khan. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.20 **Alan Titchmarsh's Gardening Club** From Liverpool. (S)(R)
12.25 PM **ITV News** (S)
12.35 **Prue Leith's Cotswold Kitchen** With Kelly Brook. (S)(R)(AD)
1.35 FILM **Mamma Mia!** Musical based on the show inspired by ABBA songs, starring Meryl Streep. (S) (AD) (2008, PG, 125min) ★★★★
3.40 **Lingo** Quiz show. (S)(R)
4.40 **The Chase Celebrity Special** With Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel. (S)(R)(AD)
5.40 **99 to Beat** Game show. (S)(R)

7.00 Celebrity Catchphrase

6 PM

6.35 **ITV News** (S)
6.50 **Local News** (S)

7 PM

7.00 NEW SERIES **Celebrity Catchphrase** Stephen Mulhern hosts as Olivia Attwood, Jack P Shepherd and Adam Woodyatt compete in a charity edition of the game show. (S)(AD)

8 PM

8.00 Who Wants to Be a Millionaire? New edition Jeremy Clarkson hosts the big-prize quiz in which another line-up of contestants answer questions that could change their lives. (S)

9 PM

9.00 Protection New episode *Pressure:* 3/6. Pressure from above threatens Liz's secret investigation. Stars Siobhan Finneran. *See feature, page 7.* (S1) (S)(AD)
■ Continues on Tuesday

10 PM

10.00 **ITV News** (S)
10.20 FILM **The Hitman's Bodyguard** Comedy thriller starring Ryan Reynolds and Samuel L Jackson. A man is hired to protect a hitman about to testify at the International Criminal Court. (S) (AD) (2017, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Teleshopping**
3.00 **Romesh Ranganathan's Parents' Evening** Vicky Pattison, Tony Bellew and Joel Dommett take part in the comedy game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

5.50 AM **Cheers** (S6) (S)(R)
7.15 **Everybody Loves Raymond** 6&7/24. (S6) (S)(R)(AD)
8.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Billy Monger, John Power and Ellie Taylor. Plus, music from The Lottery Winners.(S)
1.00 PM **F1: Chinese Grand Prix Highlights** Action from round two at Shanghai International Circuit. (S)
3.30 **Four in a Bed** This week's contest kicks off at The Sportsman in Whitworth, Lancashire. (S)(R)
4.00 A visit to Lahtle Wood Glamping in North Yorkshire. (S)(R)
4.30 The third visit is to the Cley Hall Hotel, Lincolnshire. (S)(R)
5.00 The final visit is to Bumble Barn Luxury B&B in Norfolk. (S)(R)
5.35 Payment Day arrives. (S)(R)

7.40 The Great Celebrity Bake Off

6 PM

6.05 **News** (S)
6.35 **Inside McVitie's** Documentary going behind the scenes of one of Britain's best-known brands, McVitie's, as they gear up for their busiest time of year. (S)(R)(AD)

7 PM

7.40 The Great Celebrity Bake Off for Stand Up to Cancer New edition Roman Kemp, Amelia Dimoldenberg, Sarah Beeny and Maxine Peake take on a Signature challenge that takes cupcakes to a new level, and in the Technical they try not to get into a flap with a classic. They open their hearts in the Showstopper, as they recreate their most memorable romantic date in biscuit form. With judges Paul Hollywood and Caroline Waldegrave. (S)(AD)

8 PM

9.00 Tempting Fortune New edition 3/8. Trust is stretched to the limit when each fortune-seeker is secretly offered a much-loved item from home. (S)(AD)
■ Continues tomorrow

9 PM

10.00 Gogglebox The households' opinions on recent TV shows. (S)(R)(AD)
10.55 The armchair critics review *Celebrity SAS: Who Dares Wins, My Mum, Your Dad* and *The Yorkshire Vet*. (S)(R)(AD)
12.00 M'T NEW **Walter Presents: Flowers Over the Inferno** 1/8. Italian crime drama. Subtitled. (S1)
■ Entire series available on C4 online
1.05 AM FILM **Book Club** Comedy drama starring Diane Keaton. (S)(AD) (2018, 12, 105min) ★★★
2.50 **Travel Man: 48 Hours in Dublin** With Mawaan Rizwan. (S)(SL)(R)
3.20 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.45 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)(R)
9.20 **Friends** 2/24. (S2) (S)(R)
9.45 **22 Kids & Counting** (S)(R)
12.35 PM **Secret Life of the Forest** The young beaver kits bond with the rest of the family. (S)(R)
1.35 The wildlife in Dalby and Cropton Forests prepares for the arrival of autumn. (S)(R)
2.35 **Inside the Tower of London** It is March 2023 and the Tower is preparing for the crowning of a new monarch. (S)(R)
3.30 The Beefeaters' iconic uniforms must be updated to represent King Charles III. (S)(R)
4.30 **The Fall of Anne Boleyn** Tracy Borman tells the story of Henry VIII's second wife. (S)(R)

9.00 Forensics: Murder Scene

6.30 **News** (S)
6.35 **Stonehenge: The Discovery with Dan Snow** The historian pieces together the story of the ancient monument, revealing how modern discoveries have started to solve its many mysteries. He learns about the skill and sophistication of its builders, as well as its remarkably advanced solar alignments. (S)(R)
8.00 **Warship: Life in the Royal Navy** 1/3. Julia Bradbury and JJ Chalmers present an insight into the Royal Navy, featuring a look at the UK's biggest ship in the fleet. (S)(R)
9.00 **Forensics: Murder Scene** New edition Documentary telling the inside story of how forensic teams work with West Yorkshire police to solve murder cases. (S)
10.30 **Police: Suspect No 1** 2/5. Detectives face the task of identifying five masked men who broke into a house in Scunthorpe and held the owners at knifepoint before stealing their car. (S)(R)
11.30 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.30 AM **Friends** (S2) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Gardening with Carol Klein** (R)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Simon** (S)(R)
6.30 **Team Mekbots: Animal Rescue** Animation. (S)(R)
6.45 **Where's Wally** (S)(R)
7.35 **The Slow Mo Guys' Big Adventures** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S9) (S)(R)
10.45 **F1: Chinese Grand Prix Highlights** Round two from the Shanghai International Circuit.
11.45 LIVE **Football: WSL** West Ham United v Tottenham Hotspur: From Chigwell Construction Stadium. Kick-off is at 12.00.
2.00 PM **The Simpsons** (S)(R)
4.00 LIVE **Football: WSL** Aston Villa v Manchester United: From Villa Park. Kick-off is at 4.30.

10.00 Ricky Gervais: Fame

LIVE **Football: WSL** (started at 4.00pm)
7.00 **Bradley Walsh: Egypt's Cosmic Code** 1/3. The presenter visits the monuments of Ancient Egypt in a bid to understand how such wonders of the ancient world were built. (S)(R)
8.00 **Ramses the Great: King of Ancient Egypt** The secrets and lies of Ramses II, who ruled Egypt from 1279 to 1213BC – one of the longest reigns in pharaonic history. (S)(R)
9.00 **F1: Chinese Grand Prix Highlights** A look back at action from the second round of the season, held at the Shanghai International Circuit. (R)
10.00 **Ricky Gervais: Fame** Highlights of the comedian's stand-up show, which sees him tackle the world of fame and blur the line between the acceptable and the outrageous. (S)(R)
11.30 **Brassic** 5/6. After McCann orders them to sell all the weed they have grown, Vinnie and the lads decide to throw a music festival in Jim's field. (S2) (S)(R)
12.30 AM **The Force: North East** An emergency dash results in a serious collision between the police van and a taxi. (S)(R)
1.30 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.00-10.30am The Sunday Show (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.45pm Sunday Politics Northern Ireland (S)(R)
11.15pm-12.40am FILM The Producers (S) (1967, PG, 85min) ★★★★

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Y Cosmos **10.00** Yr Afon **11.00** Dechrau Canu Dechrau Canmol **11.30** Ty Ffit **12.30pm** Y Castell **1.30** Y Wal **2.25** Prosiect Pum Mil **3.20** Ffermio **3.55** Clwb Rygbi **5.40** Pobol y Cwm Omnibws (AD) **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30** Y Llais New edition **9.10** Gogglebocs Cymru **10.10** Drych: Camau Tua'r Sêr **11.10pm-12.00m't** Stryd i'r Sgrym

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Nigel finds himself in trouble when Lexi gets the wrong idea. **7.30** Phil settles in at the mental health unit.
8.00 **Waterloo Road** 6/8. Neil's fears are relieved as he questions Jared. (S15)
9.00 NEW SERIES **Paranormal: Britain's Last Witch** 1/4. Sian Eleri delves into the case of medium Helen Duncan. **9.30** New edition 2/4. Sian hears a purported recording of a Helen Duncan séance.
10.00 **The Idaho Murders: Trial by TikTok** Zara McDermott looks into the online consumption of true crime.
11.00 **Bad Education** (S2)
12.00 M'T **Stacey Dooley: Meet the Shoplifters**
12.45 AM **Paranormal: Britain's Last Witch**
1.15 **Made Up in Belfast**
1.45 **The Idaho Murders: Trial by TikTok**
2.45 **Press X on the BBC**
2.55 **to 3.55** AM **Paranormal: Britain's Last Witch**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Musicals: The Greatest Show** Sheridan Smith introduces a celebration of the world of musical theatre from the London Palladium, featuring songs from *Chess*, *The Greatest Showman*, *Mamma Mia!* and *Hamilton*.
8.20 **Wogan on Follies** With Stephen Sondheim, Pearl Carr and Teddy Johnson.
9.00 **Sondheim on Broadway: Follies – Four Days in New York** Documentary that follows four hectic days of rehearsal for a celebrated 1985 concert performance of Stephen Sondheim's musical, *Follies*.
10.35 **Sondheim at the BBC** A selection of Stephen Sondheim's finest songs performed on the BBC.
12.05 AM **Musicals: Talking Pictures** The story of the Hollywood genre.
12.50 **Musicals: The Greatest Show** As shown at 7.00pm.
2.10 **to 3.40** AM **Sondheim on Broadway: Follies – Four Days in New York**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
3.40 PM **Come Dine with Me** Chauffeur James hosts the first dinner party in Surrey. **4.10** Myle serves up traditional Vietnamese food. **4.40** Hairdresser Ben hosts a Mexican fiesta. **5.10** Music teacher Caroline is the fourth host in Surrey. **5.40** Businessman John hosts the final night in Surrey.
6.15 **Four in a Bed** The contest begins at Manor House Inn in Northumberland.
6.50 **Four in a Bed** The B&Bers visit Orchard Glamping in the Lancashire countryside. **7.25** The third visit is to Hotel Ellenby, Scarborough. **7.55** The final visit is to The Crown Inn in Derbyshire. **8.30** The B&B owners meet for the last time.
9.00 **The Emergency Ward** New edition Dr Jonathan Papson struggles to cut a glove from a patient's hand.
10.00 **24 Hours in A&E** A 37-year-old doctor arrives at St George's following a collision with a van while he was cycling to work.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.10 FILM **Monsters vs Aliens** Animation. (2009, PG) ★★★
9.00 **Ramsay's Kitchen Nightmares USA**
10.05 **Married at First Sight Australia** Double bill.
1.05 PM **The Great Celebrity Bake Off for Stand Up to Cancer** With new judge Caroline Waldegrave.
2.25 FILM **Clueless** Teen comedy starring Alicia Silverstone. (1995, 12, 97min) ★★★★
4.10 **The Big Bang Theory**
5.40 **The Simpsons** Seven episodes, including at: **8.05** *The Man from GRAMPA:* A British secret agent arrives in Springfield. **8.35** *The Last Barfighter:* Moe breaks the most sacred rule of a secret society of bartenders.
9.00 FILM **Raiders of the Lost Ark** Steven Spielberg's adventure with Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. (1981, PG, 115min) ★★★★★
11.20 **Open House: The Great Sex Experiment**
12.20 AM **Gogglebox**
1.20 **Naked Attraction**
2.25 **The Big Bang Theory**
3.15 **Modern Family**
3.35 **The Goldbergs**
4.00 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.00 **Border Security USA**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E**
1.00 PM **Air Ambulance ER** The crew battle bad weather as they try to provide help to a suspected stroke victim.
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** A passenger appears to have picked up a stowaway. **7.30** A student is carrying undeclared cash bundles.

8 PM
8.00 **Nothing to Declare** A suspected smuggler undergoes an ultrasound. **8.30** A teacher fails to declare $10,000 in cash

9 PM
9.00 **Law & Order: Special Victims Unit** *The Presence of Absence:* 16/22. Muncy struggles with Velasco's absence. (S24)

10 PM
10.00 **Matlock** *Crash Helmets On:* 10/18. Matty and Sarah investigate when a senior living facility faces a wrongful death suit. (S1)
11.00 **Fire Country** 1/22. (S1)
12.00 M'T **FBI: International** 8/22. Vo goes undercover. (S2)
1.00 AM **Law & Order: Organized Crime** 13/22. (S2)
2.00 **FBI: Most Wanted** 14/22. (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Game of Thrones** (S4)
11.45 **Game of Thrones** 1/10. Cersei worries about Tommen. **12.40** PM 2/10. Stannis has a proposal for Jon Snow. **1.40** 3/10. Tyrion walks the Long Bridge of Volantis. **2.45** 4/10. Ellaria and the Sand Snakes vow vengeance. **3.40** 5/10. Jon enlists the help of an unexpected ally. **4.45** 6/10. Arya continues her training at the House of Black and White. **5.45** 7/10. Jaime attempts to reconnect with his family. (S5)

11.05 The Baby

7 PM
6.50 **Game of Thrones** *Hardhome:* 8/10. Arya makes progress in her training, and Sansa confronts an old friend.

8 PM
8.00 **Game of Thrones** *The Dance of Dragons:* 9/10. Arya runs into a familiar face and Mace Tyrell visits the Iron Bank. (S5)

9 PM
9.00 **Gangs of London** 1/8. Elliot's drug shipment is spiked, causing hundreds of deaths. (S3)

10 PM
10.00 **The Wire** *Alliances:* 5/13. Marlo arranges to have Omar framed for murder and Chris tries to recruit Michael. (S4)
11.05 **The Baby** 1/8. Comedy drama with Michelle de Swarte. (S1)
11.45 **Succession** 1&2/9. (S3)
2.00 AM **The White Lotus** New episode 6/8. Comedy drama set in Thailand. (S3)
3.15 **The Nevers** 5/6. (S1)
4.20 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 2-6/18. (S4)
11.00 **Hawaii Five-0** Five episodes of the drama, including at: **2.00** PM 4/23. A deep-sea diver is found dead. Guest stars Patty Duke and Peter Fonda. **3.00** 5/23. A volleyball coach is found murdered. Guest stars Reiko Aylesworth (S2)
4.00 **Grimm** 19/22. Nick investigates a series of attacks on cattle. **5.00** 20/22. A mysterious woman bewitches Nick. **6.00** 21/22. An army of zombies are on the march. (S2)

9.00 Final Score

7 PM
7.00 **Grimm** *Goodnight, Sweet Grimm:* 22/22. Nick and Juliette's romantic reunion is cut short by a horde of zombies. (S2)

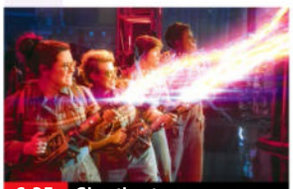
8 PM
8.00 **Freddie Down Under** 3/6. Andrew and Rob go snake-catching, but a disaster throws their trip into jeopardy.

9 PM
9.00 **FILM Final Score** Action drama starring Dave Bautista, Pierce Brosnan and Ray Stevenson. An ex-soldier is forced into action when armed terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Brassic** 5/6. After McCann orders them to sell all the weed they have grown, Vinnie and the lads decide to throw a music festival in Jim's field. (S2)
12.00 M'T **The Force: North East** Double bill of the series.
2.00 AM **Road Wars** Double bill of the documentary.
4.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.30 **Love Bites** Double bill.
11.30 **Deal or No Deal**
1.25 PM **The Masked Singer US**
2.25 **Celebrity Catchphrase**
3.25 **Britain's Got Talent**
4.45 **FILM Despicable Me 3** Animated comedy sequel with the voice of Steve Carell. Dismissed from the Anti-Villain League, Gru sets off to meet his long-lost twin brother. (2017, U, 99min) ★★★


6.25 Ghostbusters

7 PM
6.25 **FILM Ghostbusters** Fantasy comedy starring Kristen Wiig. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **Family Guy** 9/16. Peter befriends OJ Simpson. **9.30** 11/16. Stewie kidnaps the cast of *Star Trek: The Next Generation*. (S7)

10 PM
10.00 **Family Guy** 12/16. Brian is arrested. (S7) **10.30** 11/12. Brian seeks out an old flame. **10.55** 12/12. Peter causes havoc as a pirate. (S6)
11.25 **American Dad!** (S3)
12.30 AM **The Emily Atack Show**
1.15 **Deep Fake Neighbour Wars**
1.45 **Olivia Attwood: Getting Filthy Rich** Documentary.
2.15 **World's Funniest Videos**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Never the Twain**
6.30 **Agatha Christie's Poirot**
10.40 **Doc Martin**
11.40 **Inspector Morse** *Death Is Now My Neighbour:* A woman is shot at close range. **1.50** *The Remorseful Day:* The detective takes on his last case.
4.00 PM **Lewis** *Allegory of Love:* A woman's murder is copied from the pages of a novel. Guest stars Art Malik.
5.55 **Rosemary & Thyme** *In a Monastery Garden:* A murder takes place at a monastery.

5.55 Rosemary & Thyme

7 PM
7.00 **Rosemary & Thyme** *Seeds of Time:* The duo investigate when a murder occurs at a famous botanist's home.

8 PM
8.00 **Doc Martin** *Happily Ever After:* 7/7. The doctor prepares for his wedding, and Isobel goes into labour. (S3)

9 PM
9.00 **Belgravia: The Next Chapter** New episode 3/8. The Trenchards travel to Maywood. (S1) ■ Entire series on ITVX

10 PM
10.00 **Vera** *The Moth Catcher:* DCI Stanhope travels to a remote country house when the woman looking after it is killed.
11.55 **Protection** 1/6. An incident at work raises grave questions about the integrity of Liz's unit. **12.50** AM 2/6. Liz pursues her unofficial investigation into DI Brandice. (S1)
1.45 **Never the Twain**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
4.30 PM **LIVE International Football: Nations League Qualifier** Scotland v Greece: The second leg of the promotion/relegation play-off from Hampden Park. Kick-off is at 5.00.
7.30 **Reporting Scotland**
7.45 **The Town That Floored the World** How Kirkcaldy became the world centre for linoleum.
8.45 **Rewind 2000s**
9.00 **Icons of Style** Series finale 2/2. Designers and celebrities from the 1990s to the current day who have shaped Scottish fashion.
10.00 **Still Game** 1/6. Winston becomes a hero. (S9)
10.30 **The Entertainment Mix**
11.00 **The Sunday Show**
11.30 PM **to 12.00** M'T **The Disasters That Shocked Scotland**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Sort Of** 2/8. (S1)
8.25 **The Conners** (S2)
11.00 **Veep** 5-10/10. (S2)
2.50 PM **Curb Your Enthusiasm** 1-5/10. (S5)
6.30 **The Office (US)** 22/25. Part one of two. Jim hatches a scheme to derail Dwight's plan. **7.00** 23/25. Part two of two. Andy goes all out to nail his audition. **7.30** 24/25. Part one of two. Dwight and Angela's wedding has a special guest. **8.00** 25/25. Part two of two. Pam has a big surprise for Jim. (S9) **8.30** 1/6. Pilot episode of the comedy starring Steve Carell. (S1)
9.00 **Sex and the City** (S4)
10.15 **Ricky Gervais: Fame**
11.45 **The Righteous Gemstones** 2/9. (S4)
12.30 AM **Divorce** 10/10. (S1)
1.55 **Tracey Ullman: Live & Exposed**
3.20 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Cirque du Soleil**
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Landscape Artist of the Year** Highlights.
2.00 **FILM Sherlock Holmes and the House of Fear** Mystery. (1945, U) ★★★
3.15 **Laurel and Hardy: Their Lives and Magic**
5.00 **Tina Turner – One Last Time: Live at Wembley Stadium** From 2000.
7.00 **Elvis Presley: A Legend in Concert**
8.00 **FILM Frankie and Johnny** Musical. (1966, U, 87min) ★★
9.45 **Ian Dury and the Blockheads: Hold on to Your Structure**
11.05 **FILM Boxcar Bertha** Drama. (1972, 18) ★★★
12.45 AM **Brendan Gleeson's Farewell to Hughes's**
2.05 **Berlin Live: Stereophonics**
3.30 **Greatest Albums Live**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Bondi Rescue**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Patrol**
6.00 **Road Wars**
8.00 **NCIS: Los Angeles** *Subject 17:* 1/22. Callen suspects Hetty of keeping secrets. **9.00** *Fukushu:* 2/22. A veteran is the victim of a hate crime. (S13)
10.00 **Britain's Most Evil Killers** Mark Martin.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Law & Disorder** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Be Beautiful**
7.55 **Buying the View**
8.20 **The Singles Table**
9.25 **Fletchers' Family Farm**
10.30 **Scott's Vacation House Rules** Double bill.
12.20 PM **The Real Housewives of Atlanta**
4.50 **The Only Way Is Essex**
5.55 **Judi Love's Culinary Cruise** In Montenegro.
7.00 **Tour de Fred: Northern Ireland**
8.00 **Celebrity Dinner Date**
9.00 **The Only Way Is Essex** New edition Dan tells his mum that he is missing Ella, and Freddie makes an apology.
10.00 **The Real Housewives of Cheshire** An unexpected face shows up to support a brokenhearted Lystra.
11.00 **Vanderpump Rules**
12.55 AM **Backyard Builds**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **6.00** *Shooting in Rome:* A stuntman dies in suspicious circumstances. **7.00** *Deadly Bidding:* Jessica uncovers foul play at an auction. **8.00** *Frozen Stiff:* Jessica investigates a bitter rivalry at an ice-cream company.
9.00 **Fixer Upper Mysteries: Deadly Deed** Crime drama with Jewel Kilcher.
10.50 **Murder 101: If Wishes Were Horses** Mystery drama starring Dick and Barry Van Dyke.
12.40 AM **The Avengers** (S6)
3.00 **Randall and Hopkirk (Deceased)** 12/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.10 **Motorsport Mundial**
6.40 **Auto Mundial**
7.05 **ITV Football Classic**
8.05 **The Big Match Revisited**
9.00 **Cadfael**
10.35 **Sharpe**
12.45 PM **LIVE Snooker: Players Championship** Jill Douglas presents coverage of the opening eight frames of the final on the seventh day.
4.00 **The Best of the 80s**
4.15 **River Monsters**
5.45 **Made in Britain**

10.00 D-Tox

6.45 **LIVE Snooker: Players Championship** Jill Douglas presents coverage of day seven from Telford International Centre, featuring the conclusion of the final with the first player to reach 10 frames crowned champion. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by Phil Yates and David Hendon.

10.00 **FILM D-Tox** Thriller with Sylvester Stallone. A serial killer begins murdering the patients at a remote rehabilitation clinic. (2002, 18, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **River Monsters**
12.20 AM **The Sweeney**
1.20 **Minder**
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine** Five episodes, including at: **3.00** PM 9/26. Kira discovers that her old enemy Dukat has become involved in a Bajoran religious cult. (S7) **4.00** **Stargate SG-1** 4/20. Ba'al strikes a deal with the team. **5.00** 5/20. Teal'c discovers a brutal creature is attacking inhabitants of a new world. **6.00** 6/20. Guest stars Richard Dean Anderson. (S10)

9.00 Stargate: Ark of Truth

7.00 **Stargate SG-1** *Counterstrike:* 7/20. Battles erupt between the Ori and the Jaffa.

8.00 **Stargate SG-1** *Memento Mori:* 8/20. Vala is kidnapped and hooked up to a memory machine. (S10)

9.00 **FILM Stargate: Ark of Truth** Sci-fi adventure based on the TV series, starring Michael Shanks and Ben Browder. The SG-1 team journey to another galaxy to stop an invasion of Earth and the destruction of humanity. (2008, 12, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Grimm** 7/22. Hank and Nick encounter an urban legend. **12.00** M'T 8/22. Teenagers are kidnapped by an evil spirit of Christmas. **1.00** AM 9/22. A creature with healing powers finds his past catching up with him. **2.00** 10&11/22. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 9/10. Frank finds himself the prime suspect in a murder case. **5.00** 10/10. Frank and Lu are hired to unmask a 'Voice in the Dark' who threatens to destroy Wintermas. (S4)
6.00 **Death in Paradise** 8/9. A man confesses to murdering his boss. (S10)

8.00 Hudson & Rex

7.00 **Hudson & Rex** *Working for the Weekend:* 11/20. Rex finds a body during Charlie and Sarah's romantic weekend away.

8.00 **Hudson & Rex** *Lost Lives Club:* 12/20. The team investigate when a popular physiotherapist is found murdered. (S5)

9.00 **Death in Paradise** *The Complex Murder:* 1/8. A millionaire environmentalist is shot dead on his boat. (S5)

10.00 **Miss Scarlet** *The Thames Reaper:* 3/6. A notorious killer who drowns their victims in the Thames is on the loose. (S5)
11.00 **The Red King** 3/6. A mighty annual storm brings the islanders to the village hall for fun and refuge. (S1)
12.00 M'T **My Life Is Murder** (S3)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.20 AM **Only Fools and Horses**
8.45 **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Six episodes, including at: **4.25** Rodney ties the knot with Cassandra, while Del tries to dodge a bashing from the dreaded Driscoll brothers over some stolen mobile phones. **5.35** Del Boy becomes a yuppie and Rodney begins attending a computer course. **6.40** Del Boy gets his hands on a consignment of self-inflating rubber dolls.

9.00 Men Behaving Badly

7.45 **Only Fools and Horses** A retired jeweller offers Del Boy the deal of a lifetime – then suddenly has a heart attack and gets taken to hospital with a briefcase containing 250 cut-price gold necklaces still chained to his wrist.

9.00 **Men Behaving Badly** Gary tries to ruin Dorothy's new relationship. **9.40** Gary gets an ill-timed visit from his father.

10.20 **Only Fools and Horses** Rodney wins a holiday in Majorca, but cannot understand why the trip is for three people.
11.30 **Dad's Army** The men of the Home Guard platoon take charge when a large naval gun is delivered to the church hall.
12.10 AM **Only Fools and Horses**
1.30 **Men Behaving Badly**
2.40 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Storage Hunters UK**
9.00 **World's Most Dangerous Roads** From Sri Lanka.
10.00 **Speed with Guy Martin**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.30 **Rick Stein's Cornwall**
5.00 **Motorhoming Yorkshire with Merton & Webster** Paul Merton and his wife Suki Webster explore Yorkshire.
6.00 **Mediterranean with Simon Reeve** Simon explores Cyprus, Lebanon, Israel and Gaza.

8.00 World's Most Dangerous...

7.00 **Speed with Guy Martin** Guy faces a challenge to ride a tandem non-stop for 24 hours.

8.00 **World's Most Dangerous Roads** Jeff Stelling and Chris Kamara reunite for an epic journey across Sri Lanka.

9.00 **Have I Got a Bit More News for You** Steph McGovern hosts the quiz, with Carol Vorderman and Nabil Abdulrashid.

10.00 **QI** With guest panellists Sandi Toksvig, Bill Bailey and Susan Calman.
10.40 **Mock the Week** With James Acaster, Josh Widdicombe, Katherine Ryan and Matt Forde.
11.20 **Mock the Week** With Rob Beckett, Milton Jones, Ellie Taylor and Josh Widdicombe.
12.00 M'T **Red Dwarf**
2.00 **to 4.00** AM **British as Folk**

+1 hour 211/212 327 74

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Triple bill.
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?** Lee Juggurnauth catches up with Doreen and Tommy in the Costa Almería. **7.00** Jasmine Harman meets up with a couple who moved to the Costa del Sol back in 2017.
8.00 **The Dog House** Ellie and her husband Jordan hope to find a dog.
9.00 **Gogglebox**
10.00 **FILM The Transporter** Action thriller starring Jason Statham. (2002, 15, 88min) ★★★
11.50 **FILM The Karate Kid** Adventure starring Ralph Macchio. (1984, 12, 127min) ★★★★
2.15 AM **The Nevermets**
3.20 **Inside McVitie's**
4.25 **to 4.55** AM **Travel Man: 48 Hours in Dublin**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Nine episodes of the series, including at: **7.00** *Ignition:* 11/24. The team investigate the murder of a navy pilot. **8.00** *Flesh and Blood:* 12/24. Tony's father is linked to an attempted assassination. (S7) **9.00** *Prime Cut:* 9/10. The team travel to Texas to interrogate the suspected killer of a Marine captain. (S21)
10.00 **Law & Order: Special Victims Unit** *Collateral Damages:* 15/23. Rollins leads a sting operation to take down a child pornographer. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
1.55 AM **Law & Order** (S23)
2.50 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Shoplifters: Caught Red Handed**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions of the series, including at: **7.00** The team have their hands full when a raid reveals a crowbar-wielding suspect. **8.00** A motorist crashes into a gas main.
9.00 **999: Critical Condition** A 26-year-old suffers a potentially life-threatening aortic tear.
10.00 **999: Criminals: Caught on Camera**
11.00 **Making a Serial Killer** New edition A look at the crimes of Howell Emanuel Donaldson III.
12.00 M'T **Prodigal Son** (S1)
2.00 AM **Traffic Cops**
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Highway Patrol**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **FILM Star Trek: Insurrection** Sci-fi adventure. (1998, PG, 105min) ★★★
11.00 **Trucking Hell**
2.00 PM **FILM Zeppelin** World War One thriller starring Michael York. (1971, PG, 101min) ★★
4.10 **FILM The Devil's Brigade** World War Two drama starring William Holden. (1968, PG, 126min) ★★
6.55 **FILM Raid on Rommel** Wartime adventure starring Richard Burton. (1971, 15, 94min) ★★
9.00 **FILM The Dirty Dozen** Adventure starring Lee Marvin. (1967, 15, 150min) ★★★★
12.05 AM **FILM Dead Man Running** Thriller starring Tamer Hassan. (2009, 15, 92min) ★★★
1.55 **Police Interceptors**
2.55 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family**
3.00 PM **Outnumbered** Six episodes, including at: **5.40** Ben enters a talent competition. **6.20** Ben and Karen discuss their dreams.
7.00 **Inside the Ambulance** Paramedics assist a woman who has fallen. **8.00** Paramedics attend a reported stabbing.
9.00 **Inside the Operating Theatre** The team tackle an operation where a patient's heart is stopped and restarted. **10.00** A man has his varicose veins stripped from his leg.
11.00 **Brit Cops Down Under**
12.00 M'T **The School That Tried to End Racism Australia** Documentary.
1.25 AM **Red Flag**
2.10 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **The Bill**
12.10 PM **Hetty Wainthropp Investigates** 1-3/6. (S1)
3.40 **Catherine Cookson's The Black Candle** Period drama starring Cathy Sandford.
6.00 **That Day We Sang** Victoria Wood's musical drama set in 1929 and 1969, starring Michael Ball and Imelda Staunton.
8.00 **Sister Boniface Mysteries** *A Tight Squeeze:* 6/12. Felix gets more than he bargained for when a bawdy film production comes to Great Slaughter. (S2)
9.00 **Silent Witness** *Hope:* A skeleton is found in a concrete pillar in a multi-storey car park.
11.15 **Whitstable Pearl** (S2)
12.20 AM **The Marlow Murder Club**
2.15 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Helicopter ER**
9.00 **Dr Pimple Popper** Juliet is under distress because of the bumps on her neck, while Jen has growths on her ears. **10.00** Gerald returns to see Dr Lee about a bump on his finger. **11.00** Dr Lee treats Tony, who has large growths on his nose that impair his breathing.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **The Bidding Room**
9.00 **Friends Like These**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** David Dickinson visits Stoke-on-Trent.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Friends Like These** Double bill of the game show in which teams of friends battle it out to win a dream holiday.
6.00 **The Chase Celebrity Special** Kian Egan, Sharron Davies, Larry Lamb and Matt Johnson compete for charity.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Forde family from Cardiff compete in the quiz.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.10 AM **The Blitz on Berlin**
9.40 **War Machines**
10.50 **FILM Between Heaven and Hell** War drama. (1956, PG, 94min) ★★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 **FILM The Raid** Fact-based Western. (1954, PG, 82min) ★★★
4.00 **FILM The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
6.35 **FILM Bandolero!** Western drama. (1968, 15, 106min) ★★★
9.00 **FILM Bite the Bullet** Adventure. (1975, PG, 131min) ★★★★
11.50 **FILM The Ballad of Lefty Brown** Western. (2017, 15, 111min) ★★★
2.10 AM **FILM End of the World** Sci-fi comedy. (2013, 12, 85min) ★★★
4.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **Sue Thomas: F.B.Eye**
10.20 **FILM Obsession** Thriller. (2011, U, 89min) ★★
12.20 PM **FILM Grandma Dearest** Crime thriller. (2020, PG, 87min) ★★
2.15 **FILM 3 Men and a Baby** Comedy. (1987, PG, 98min) ★★★★
4.25 **FILM Three Men and a Little Lady** Comedy sequel with Tom Selleck. (1990, PG, 100min) ★★
6.40 **FILM Arachnophobia** Horror thriller. (1990, PG, 106min) ★★★
9.00 **FILM Alien³** Sci-fi horror thriller sequel. (1992, 15, 115min) ★★★
11.25 **FILM Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
1.25 AM **FILM Deadly B&B** Thriller. (2018, 12) ★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM 911 Nightmare** Thriller. (2015, 15, 95min) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM How to Find Forever** (2021, PG) ★★
10.10 **FILM A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
12.00 NOON **FILM Dream Wedding** Romance. (2023, U, 89min) ★★
2.00 PM **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
3.55 **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
6.00 **FILM The Wedding Rule** Comedy. (2023, U) ★★
8.00 **FILM Wedding Do Over** Romantic drama. (2018, PG, 90min) ★★
10.00 **FILM One Winter Proposal** Comedy sequel. (2019, PG, 84min) ★★
11.55 **FILM Snowkissed** Comedy. (2021, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM One Winter Weekend** Drama. (2018, PG, 84min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon**
6.25 **Roobarb**
6.30 **Flash Gordon**
6.55 **Roobarb**
7.00 **Flash Gordon**
7.25 **Roobarb**
7.30 **Watching** (S2&3)
10.00 **Bewitched** (S1)
12.30 PM **The Blue and the Gray** Drama.
3.00 **Hancock** 7/13. (S1)
3.30 **Tracing the Rails**
4.00 **Walking Westward**
4.30 **Bust** 5/6. (S2)
5.30 **Married... with Children**
7.00 **Fantasy Island** (S1)
8.00 **Police Woman** (S1)
9.00 **Dark Skies** (S1)
11.00 **The Blue and the Gray**
1.30 AM **Bubblegum & Cheese** Pop music.
2.30 **That's My Dog**
3.00 **Police Woman** (S1)
4.00 **That's My Dog**
4.30 **Hancock** 7/13. (S1)
5.00 **Tracing the Rails**
5.30 **to 6.00** AM **Walking Westward**

DMAX

159 169 39 147

6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team make a shocking sighting, only to see the lead slip away. **8.00** A howl stops the team in their tracks.
9.00 **Paranormal: Caught on Camera** In Michigan, a toddler plays a game of tug of war with a ghost. **10.00** An unknown entity continues to torment a family.
11.00 **In Search of Monsters** A new theory surrounding Scotland's Loch Ness Monster. **12.00** M'T The Mothman. **1.00** AM New evidence about an alleged monster in New Jersey.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food with Casey Webb**
11.00 **James Martin: Sweet**
3.00 PM **The Great British Bake Off** The remaining bakers test their biscuit-making skills. **4.00** Bakers test their pie-making skills. **5.00** Bakers test their dessert-making skills. **6.00** Bakers test their pastry-making skills. **7.00** Britain's best amateur baker of 2011 is crowned. **8.00** Bakers battle it out to be named Britain's best amateur of 2012.
9.00 **Jamie Oliver: Together** Jamie serves tomato crostini and roast lamb. **10.00** Jamie cooks a summery feast. **11.00** Taco night. **12.00** M'T Jamie serves up the ultimate picnic.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
10.00 **Six Million Dollar Man**
3.00 PM **FILM Aces: Iron Eagle III** Action adventure sequel. (1993, 15, 98min) ★
4.55 **FILM The Lost Continent** Adventure. (1968, PG, 98min) ★★★
6.40 **FILM Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
8.30 **The Twilight Zone** (S3)
9.00 **FILM The Box** Sci-fi mystery thriller. (2009, 12, 110min) ★★★
11.15 **FILM The Howling** Horror chiller. (1980, 18, 91min) ★★★★
1.05 AM **FILM Sweeney!** Crime thriller spin-off. (1976, 18, 89min) ★★★
3.00 **to 4.50** AM **FILM Brake** Suspense thriller. (2012, 15, 87min) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Eye of the Beast** Horror thriller. (2007, 15, 90min) ★★
8.00 **FILM Ape vs Monster** Sci-fi action adventure. (2021, 12, 88min) ★★
10.00 **FILM Malibu Shark Attack** Disaster movie. (2009, 15, 90min) ★★
12.00 NOON **FILM The Shape of Things to Come** Sci-fi thriller. (1979, 15, 94min) ★★
2.00 PM **FILM End of the World** Disaster movie. (2018, PG, 88min) ★★
4.00 **Star Trek** (S2&3)
9.00 **FILM The Curse of Frankenstein** Horror. (1957, 12, 83min) ★★★
10.35 **FILM Fiend Without a Face** Sci-fi chiller. (1958, PG, 75min) ★★
12.15 AM **FILM Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★
2.25 **to 3.00** AM **The Twilight Zone**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
7.30 **Container Wars**
9.45 **The Proof Is Out There**
10.35 **Alien Disclosure Files**
12.00 NOON **In Search of Aliens** Documentary.
1.00 PM **MonsterQuest**
5.00 **I Saw It: Bigfoot and Beyond** Double bill.
7.00 **Beyond Skinwalker Ranch** Suggestions of alien spacecraft buried in a meadow.
8.00 **Curse of Skinwalker Ranch** A cow dies under disturbing circumstances.
9.00 **U-Boat Wargamers**
10.05 **Ghost Ships**
11.05 **Lost Relic Hunters**
12.05 AM **History's Greatest Mysteries** The kidnapping of Charles Lindbergh's son in 1932.
1.00 **Conspiracy Files: Unsealed** Triple bill.
2.30 **Conspiracy: Bio-Hazard Island**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.15 **Mother's Day: Shop Smart, Save Money**
10.15 **Air Fryers: Takeaways Made Easy** Documentary.
11.15 **Columbo** Five episodes of the drama, including at: **3.00** PM *An Exercise in Fatality:* A man murders his partner and makes it look like an accident. **5.00** *Murder in Malibu:* A romance novelist is found dead shortly after calling off her wedding. **7.00** *Agenda for Murder:* A lawyer murders a blackmailer and makes it look like suicide.
9.00 **Billy Connolly: In His Own Words** A profile of the comedian and actor.
10.30 **We Love** Celebrity fans discuss why they love *Only Fools and Horses.*
12.00 M'T **World War II in Colour** Double bill.
2.10 **to 4.00** AM **Nazi Megastructures**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** Six editions of the series, including at: **9.00** Marcia hopes to find an idyllic cottage in Massachusetts. **9.30** Millionaire Andy is looking for a beach house in North Carolina.
10.00 **Escape to the Country**
1.00 PM **Escape to the Country** Seven further editions of the series in which families, couples and individuals set out to find their ideal rural retreats with the help of a property expert.
8.00 **A Place in the Sun** Five editions of the property series. Couples are taken to see three or four properties for sale in a foreign country that they want to move to or frequently holiday in.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Say Yes to the Dress: UK** Four editions.
9.00 **Say Yes to the Dress: Lancashire**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **7 Little Johnstons** Leighton comes home and the family adjust to having a newborn.
9.00 **Baylen Out Loud** Colin seeks Baylen's parents' blessing to propose to her.
10.00 **Love Off the Grid**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Whose Line Is It Anyway? USA**
10.00 **Friends** (S2&3)
8.00 PM **Friends** 15/25. Rachel and Ross take a break from each other. **8.30** 16/25. Rachel learns about Ross's infidelity. (S3)
9.00 **FILM Bad Moms** Comedy starring Mila Kunis, Kathryn Hahn and Kristen Bell. Three overworked women are pushed beyond their limits and ditch their usual responsibilities for long overdue fun. With Christina Applegate and Jada Pinkett Smith. (2016, 15, 96min) ★★★
11.00 **Jack Whitehall Gets Around** Stand-up show.
1.00 AM **Utopia** 1&2/18. (S2)
2.10 **South Park** (S6)
3.25 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
11.00 **Criminally Funny**
7.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 5/24. Ross is horrified to learn Rachel has a date. **9.30** 6/24. Phoebe finds herself attracted to twin sister Ursula's fiancé. **10.00** 7/24. Rachel considers moving out. **10.30** 8/24. Rachel finally tells her father she is pregnant. **11.00** 9/24. Brad Pitt guest stars in a Thanksgiving special. **11.30** 10/24. Monica buys an expensive pair of boots. (S8)
12.00 M'T **Friends** (S8&9)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Highway Cops**
10.00 **Four Weddings**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **The Ark** *Everybody Wins:* 12/12. The two Arks have to decide to work together or go down together. (S1) **3.00** *Failed Experiment:* 1/12. The crew of *Ark One* must decide the best way forward. **4.00** *Kill or Be Killed:* 2/12. The arrival of new crew members presents questions of who to trust. **5.00** *Anomaly:* 3/12. The crew must save the future of humanity. **6.00** *The Other You:* 4/12. Two alternative realities intertwine. (S2)
7.00 **Sun, Sea and A&E**
12.00 M'T **A League of Their Own Road Trip: Southeast Asia**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 12/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Fresh Out Live**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **7.00** A tip-off alerts one online Romeo to a web of deceit. **8.00** Zay needs to find the truth about Jayda.
9.00 **Teen Mom: The Next Chapter** Mackenzie officially begins IVF.
10.00 **Help! I'm in a Secret Relationship!** Matt needs to know why Danny is hiding him before they go further.
11.00 **Aussie Shore**
12.00 M'T **The Challenge: All Stars** Reality series.
1.00 AM **True Life Crime UK**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Wheeler Dealers: Dream Car**
8.00 **Wheeler Dealers**
11.00 **Wheeler Dealers World Tour**
12.00 NOON **Alaska: Homestead Rescue** Triple bill, including at: **4.00** PM The Raneys help a struggling Idaho family in a cliffside geodesic dome home.
6.00 **Border Control: Europe** The Spanish Civil Guard hatch a plan to catch smugglers. **6.30** In Brussels, customs officers look through a smelly container of food.

7.00 Alaska: Homestead Rescue

7.00 **Alaska: Homestead Rescue** New edition Thinking they hit the jackpot, Oregon homesteaders buy their dream property – but flooding rivers devastate their home and livestock.

9.00 **Marooned with Ed Stafford** Ed must make his way off the peak of Changbai Mountain in northern China.

10.00 **Mega Shippers** Craig has 48 hours to get four super cars to Spain, while rain threatens to ruin an incoming shipment.

11.00 **Texas Metal** John Cena comes in with Bugatti Type 57 parts.
12.00 M'T **Naked and Afraid** Two survivalists return to mentor two newcomers in Colombia. **2.00** AM A challenge in the Black Hills of South Africa.
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Meet the Orangutans**
3.00 **Meet the Penguins**
4.00 **My Cat from Hell** Jackson Galaxy helps a man try to deal with his cat phobia.
5.00 **Lone Star Law** Hunters trespass on private property.
6.00 **Tanked** Howie Mandel wants ATM to build him another tank.

8.00 Celebrity Animal...

7.00 **Pit Bulls & Parolees** A look back at the most adorable moments, from surprising rescues to heart-warming adoptions.

8.00 **Celebrity Animal Encounters** With Emily Deschanel and Alex Pall. **8.30** Featuring Al Roker, Clinton Kelly and Raelynn.

9.00 **Crikey! It's the Irwins** After historical wildfires strike Australia, the Irwins race to rescue as many animals as possible.

10.00 **Edge of Alaska** Plans to allow tourists to visit the Motherlode mine push forward, but the last days of winter threaten locals.

11.00 **My Tiny Terror** Dogs in LA undergo behavioural therapy. **12.00** M'T A 10lb pomeranian threatens to break up a long-term friendship.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
11.00 **Air Crash Investigation**
12.00 NOON **Aircrash: Disasters Uncovered**
1.00 PM **Plane Crash Recreated**
2.00 **The Battle for Britain: Drain the Oceans**
3.00 **Nazi Child Soldiers**
4.00 **World War II: Secrets from Above** Documentary.
5.00 **World War II: The Apocalypse** D-Day footage. **6.00** Footage from the final days of World War Two.

9.00 Drain the Titanic

7.00 **Mutant Weather** The various alarming ways in which weather is mutating, beginning with catastrophic wildfires.

8.00 **Mysterious Islands** New edition A stone structure is found on the sea floor, and a mansion is discovered on Isla Grande.

9.00 **Drain the Titanic** Documentary exploring the wreck of the famous ship, using 3D images of what it looks like now.

10.00 **Nazi Sunken Sub** An investigation into the mysterious disappearance in 1945 of Nazi submarine U-745.

11.00 **Shipwreck Graveyard** A wreck in the Black Sea.
12.00 M'T **Air Crash Investigation**
2.00 AM **Made in a Day**
2.30 **Abandoned** An old church.
2.55 **Food Factory USA**
3.45 **Bid & Destroy** Double bill.
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Bradley Walsh: Egypt's Cosmic Code**
7.00 **Pawn Stars** Triple bill.
10.00 **Storage Wars** Eight editions.
2.00 PM **Britain's Most Historic Towns** Alice Roberts explores the history of Chester. **3.00** The historian tells the story of Viking England. **4.00** Alice investigates Norman Britain in Winchester. **5.00** Alice tells the story of Tudor England by studying the history of Norwich. **6.00** Alice explores the history of Cheltenham.

10.00 Alien Contact

7.00 **Britain's Most Historic Towns** Alice Roberts looks into the history of Belfast, visiting the shipyards that built the *Titanic*.

8.00 **UFO Encounters UK** 1/2. Pilot David presents evidence of the UFO he almost crashed into while flying near Area 51.

9.00 **UFO Encounters UK** 2/2. Adam, Gwen and Julie recall their personal encounters with UFOs.

10.00 **Alien Contact: The Pascagoula UFO Encounter** Evidence supporting the existence of extraterrestrial life.

11.45 **Container Wars** A mysterious container from the Far East arrives in Los Angeles. **12.15** AM A container from Venice and a shark-shaped object spark the teams' interest.
12.45 **Storage Wars** Seven editions.
4.00 **to 6.00** AM **UFO Encounters UK**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Great Canal Journeys**
8.00 **Canal Boat Diaries**
11.00 **Antiques Roadshow**
1.00 PM **The Americas with Simon Reeve** Double bill.
3.00 **The Lakes with Simon Reeve**
4.00 **Cop Car Workshop** End-of-service vehicles are put up for auction. **5.00** Restoring a BMW 330.
6.00 **Porridge** Fletcher yearns for some peace and quiet. **6.40** Blanco entrusts the whereabouts of his stashed fortune to Fletch.

8.00 Antiques Roadshow

7.20 **Porridge** Godber decides to enter the prison boxing championships, and Fletcher is given the task of fixing the contest.

8.00 **Antiques Roadshow** The team return to Compton Verney, Warwickshire, where experts hear about a World War One hero.

9.00 **Antiques Roadshow** The team return to Castle Ward in Co Down, with items including sculptures made out of ostrich eggs.

10.00 **Bangers & Cash** Derek heads to Bradford to pick up a 1920s Cyclecar replica and an 1930 MGM race car.

11.00 **Dream Car Fixers** Sheldon and Peter take on the first ever European Car of the Year.
12.00 M'T **Masters of Reinvention** Reinventing a camping trailer from 1950 and a two-seater toboggan from 1960.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Salvage Hunters: The Restorers**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **The Derbyshire Auction House**
8.00 **The Repair Shop** Restoring a coffee table and a coconut scraper. **9.00** The team breathe new life into two bespoke cherished rings. **10.00** The restorers get to work on a damaged brooch and a ragdoll.
11.00 **Shed and Buried: Classic Cars** The boys visit Fuzz's friend Alex and his Rover collection.
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **Crime Scene Confidential**
7.00 **Crime Scene Confidential** The 1988 murder of Margie Coffey. **8.00** Linda Stermer stands accused of killing her husband Todd.
9.00 **Murders at the Burger Joint** A fast-food joint finds itself in the middle of a murder mystery.
10.00 **A Killer's Mistake** A predator eludes investigators for years until an unrelated assault presents a lead.
11.00 **999 Murderer Calling**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Bloodline Detectives** Investigating a home intrusion from 1985.
8.00 **Murder She Solved** New edition Children playing on the shore of the Wisconsin river make a grisly discovery.
9.00 **A Secret to Die For** Sex, secrets, sports cars and money turn out to be a recipe for murder. **10.00** A salon's mysterious new stylist is hiding a terrible truth.
11.00 **Cold Justice Sex Crimes** A local grandmother is brutally attacked in her sleep. **12.00** M'T The investigation into a rape case hits a dead end.
1.00 AM **A Secret to Die For**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Shocking Crimes: Murder Book**
2.00 PM **Medical Detectives** An investigation into a fight that took the life of a wrestling champion. **2.30** A house fire turns out to be no accident. **3.00** An investigation into a murder set up to look like a suicide. **3.30** Police search for a man who committed several crimes in 1957. **4.00** A man vanishes after starting an affair with a friend's wife. **4.30** Investigators piece together tiny clues.
5.00 **Evidence of Evil**
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Wrongly Accused**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Frontline Crime UK** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **How I Caught the Killer** True-crime.
2.00 **Love You to Death**
3.00 **Catching the Killer**
4.00 **Murdered at First Sight**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Catching the Killer**
9.00 NEW SERIES **The Girl on the Milk Carton** 1&2/2. Documentary.
11.15 **What the Killer Did Next** Megan Newton.
12.10 AM **An Unexpected Killer** Documentary.
1.05 **Killer in My Village**
3.00 **The Force: North East**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Everest: The South West Face** As 7.30pm.
9.30 **The Irish Civil War**
1.00 PM **Grand Tours of Scotland** Exploring sports-based tourism.
1.40 **The Hunger: The Story of the Irish Famine**
3.55 **The Irish Civil War**
7.30 **Everest: The South West Face** A look at Chris Bonington's 1975 expedition to climb the South West face of Mt Everest and put the first British mountaineers on the mountain's summit.
8.45 **Shackleton: The Greatest Story of Survival** The true story of polar explorer Ernest Shackleton and the crew of the *Endurance*.
10.45 **Everest: The South West Face** As 7.30pm.
12.00 M'T **to 2.00** AM **Shackleton: The Greatest Story of Survival** As 8.45pm.

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Michelle Pfeiffer** Profile of the actor.
7.00 **Discovering: Mel Gibson**
8.00 **Sergio Leone: The Italian Who Invented America**
10.00 **I Am Burt Reynolds**
11.50 **My Icon: Shaun Gayle**
12.00 NOON **FILM Dogtown and Z-Boys** Documentary. (2001, 15, 91min) ★★★
1.50 PM **My Icon: Michael Holding**
2.00 **Tony Hawk: Until the Wheels Fall Off** Documentary.
4.30 **FILM The Armstrong Lie** Documentary about Lance Armstrong's fall from grace. (2013, 15, 124min) ★★★★
7.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
9.00 **Chernobyl: The Lost Tapes** Archive footage and witness accounts of the nuclear disaster.
11.00 **FILM The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★
1.00 **to 6.00** AM **The Zen Diaries of Garry Shandling**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Baby Animals**
9.00 **Islands** Triple bill.
12.00 NOON **A Bee's Diary**
1.00 PM **Evolution Earth**
3.00 **Deadly Australians**
5.00 **Cub Camp** New edition Winston and the girls move into their new enclosure, while cameras follow Yasmine and Yara's kindergarten power struggle.
6.00 **David Attenborough's Galapagos** The broadcaster explores the Galapagos Islands. **7.00** The unique species that live in the isolated habitat. **8.00** The broadcaster reveals the differences between the 19 islands and encounters a giant Pinta Island tortoise.
9.00 **Predators** Following a wild dog pack in Zimbabwe.
10.00 **Osprey** A veteran pair of osprey face an epic journey home.
11.00 **Cub Camp** As 5.00pm.
12.00 M'T **The Great Elephant Tale**
1.00 AM **Seasons of the Wild**
3.00 **A Bee's Diary**
4.00 **to 6.00** AM **Animals Like Us**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **The Art of Washoku**
10.00 **Guns That Changed the Game**
11.00 **The Secret Nazi Expeditions**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Digging for Britain** Triple bill of the documentary, including at: **7.00** Alice Roberts visits archaeological digs, starting in the west of Britain.
8.00 **Ancient Aliens** Investigating reports of bird-like figures that practised medical science.
9.00 **American Godfathers: The Five Families** The rise and fall of New York's premiere dons.
11.00 **Ancient Aliens** Considering whether ancient rulers had otherworldly links. **12.00** M'T As 8.00pm. **1.00** AM Experts investigate relics that have been revered by cultures for millennia.
2.00 **American Godfathers: The Five Families** As 9.00pm.
4.00 **Digging Up Britain's Past**
5.00 **to 6.00** AM **Evidence of the Unexplained**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** True-crime.
11.00 **Missing Presumed Dead**
1.00 PM **Snapped Behind Bars**
3.00 **A Perfect Scam**
6.00 **My Strange Arrest**
7.00 **When Missing Turns to Murder**
8.00 **Snapped Behind Bars** Lucille Duncan gives her first interview after 20 years in prison.
9.00 **Gypsy Rose: Life After Lock Up** New edition Following Gypsy Rose Blanchard as she navigates life outside of prison.
10.00 **A Perfect Scam** How con artists manipulate their victims.
11.00 **Homicide Squad: New Orleans**
12.00 M'T **My Strange Arrest**
1.00 AM **Gypsy Rose: Life After Lock Up** As 9.00pm.
2.00 **Cops Gone Bad with Will Mellor** New edition The story of Timothy Brehmer.
3.00 **Witness to Murder: Digital Evidence** Documentary.
4.00 **to 6.00** AM **An Hour to Kill**

+1hour 256 333

WILD

165 841 182

8.00 AM **The Incredible Dr Pol**
10.00 **Jaguar Beach**
11.00 **Europe from Above**
1.00 PM **Shadow Cats**
2.00 **Serengeti Speed Queen**
3.00 **Africa's Big Five**
4.00 **Secrets of the Zoo: North Carolina** Double bill.
6.00 **Critter Fixers: Country Vets** New edition The doctors carefully treat a giant Burmese python, and perform a caesarean section on a dog.
7.00 **Wild India** David Attenborough visits the Marusthali area.
8.00 **Katavi: Africa's Fallen Paradise** Series finale Just when everything is at breaking point, the rains finally return.
9.00 **An Elephant's World** How elephant herds migrate great distances in search of shelter.
10.00 **Africa's Hunters** A pride of 20 lions finds itself with one cub.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers**
3.00 PM **Mystery at Blind Frog Ranch** Triple bill of editions.
6.00 **Mysteries of the Missing**
7.00 **Secrets Underground** A train filled with stolen Nazi gold said to be hidden in Poland. **8.00** Priceless gold and silver artefacts are believed to be lost in King Solomon's hidden mines, so Rob and Stefan look for the legendary treasure.
9.00 **A Crime to Remember** The Lee Roy Martin case, which began in 1968 when a reporter received a call from a murderer who threatened to kill again. **10.00** Recounting how Easter Sunday 1937 turned deadly when a model and two others were found murdered. **11.00** The 1973 murder of a 28-year-old New York teacher.
12.00 M'T **The Strangest UFO Stories of All Time**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill** *What Kind of Man:* Sgt Penny arrests a man for the murder of two children. **5.30** *Beat Crime:* WPC Ackland follows up on recent burglaries that have occurred on her beat. **6.00** *Unsocial Hours:* DCI Wray's lunch date with WPC Ackland coincides with a CID operation. **6.30** *Interpretations:* DS Roach leads the investigation into a racist arson attack.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *Dead and Buried:* 4/4. The team investigate a suspicious suicide at a women's prison. (S6)
11.00 **The Bill** Four episodes.
1.00 AM **Top of the Pops**
2.55 **The Brokenwood Mysteries**
4.35 **The Architecture the Railways Built** Documentary.
5.25 **to 6.00** AM **The Bill**

+1hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
10.00 **Love the Way You Lie**
12.00 NOON **Disappeared: The Bradley Sisters** True-crime.
2.00 PM **Murder in the Heartland**
4.00 **Forbidden: Dying for Love**
5.00 **Obsession: Dark Desires**
6.00 **Reasonable Doubt** A case involving hustler and cult leader Freddie Freeman. **7.00** A 15-year-old youth is suspected of murder.
8.00 **Signs of a Psychopath** A 50-year-old woman is found dead in her home. **8.30** Three locals are found murdered in a village in Maine.
9.00 **Crime Scene Confidential** A furniture store massacre.
10.00 **Homicide Hunter: The Man With No Face** An investigation into the brutal rape and murder of a young mother goes cold.
12.00 M'T **American Detective with Lt Joe Kenda** Double bill.
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Richard Hammond's Workshop** Five editions.
5.00 PM **FourWheeler** Four editions of the series, including at: **6.00** Ian tears down a Dodge Dakota and turns it into a custom tools-carrying monster. **6.30** Ian continues to work on the Dodge Dakota.
7.00 **Wheeler Dealers** Mike gets his hands on a Vauxhall Astra GTE. **8.00** Mike tracks down a 1987 Renault 5 GT Turbo. **9.00** Mike finds a rare 2004 Mini Cooper S MC40. **10.00** Mike acquires a 1995 Ford Escort RS Cosworth. **11.00** Mike searches for a Renault Alpine 310 in France. **12.00** M'T Mike sets out to buy a Ford Sierra Cosworth.
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

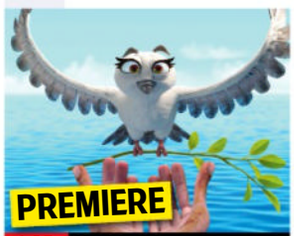
+1hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **The Good Half** (2023)
7.45 **PREMIERE Noah's Ark** (2024)
9.30 **It Ends with Us** As 8.00pm.
11.50 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
1.25 PM **PREMIERE Noah's Ark** Animation. (2024, U, 96min)
3.05 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
4.50 **Horizon: An American Saga – Chapter 1** Western directed by and starring Kevin Costner. (2024, 15, 181min) ★★★★



1.25 Noah's Ark

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Wasp** Thriller starring Naomie Harris and Natalie Dormer. Two estranged friends unveil a deceptive plot that changes their lives. (2024, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Skincare** Comedy thriller. (2024, 18, 86min) ★★★
1.45 AM **AfrAld** Sci-fi horror. (2024, 15, 84min) ★★
3.25 **PREMIERE Noah's Ark**
5.05 **The Cinema List: Women Oscar Winners**
5.25 **to 7.15** AM **The Good Half** Drama. (2023, 15) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Out of Darkness** (2022)
7.45 **The Three Musketeers: Milady** Adventure. (2023, 12) ★★★★
9.45 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
12.15 PM **Mad Max: Fury Road** Thriller. (2015, 15) ★★★★★
2.20 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
4.20 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
6.20 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

6.20 Men in Black

8.00 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Men in Black 3** Sci-fi comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Agent J goes back in time to 1969 to save the life of the young Agent K. (2012, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **I.S.S** Sci-fi drama with Ariana DeBose and Chris Messina. (2023, 15, 95min) ★★★
1.35 AM **Out of Darkness** Horror starring Iola Evans. Subtitled. (2022, 15, 88min) ★★★
3.20 **Sky Cinema Preview**
4.20 **to 6.20** AM **One More Shot** Action thriller starring Scott Adkins. (2023, 15, 102min) ★★

Sky Cinema Drama

310 410 510 524

7.35 AM **Phantom Thread** (2017)
9.55 **Dear John** Romantic drama. (2010, 12, 108min) ★★
11.55 **Charlie Wilson's War** Comedy. (2007, 15, 97min) ★★★★
1.45 PM **Catch Me If You Can** Fact-based crime adventure starring Leonardo DiCaprio. (2002, 12, 141min) ★★★★★
4.15 **Aisha** Drama with Letitia Wright. (2022, 12, 94min) ★★★★
6.00 **Eternal Sunshine of the Spotless Mind** Offbeat romantic comedy starring Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
8.00 **Meet Joe Black** Drama starring Brad Pitt, Anthony Hopkins and Claire Forlani. Death comes to Earth and experiences love after giving a temporary reprieve to a media tycoon. (1998, 12, 181min) ★★★★
11.00 **Phantom Thread** Drama. (2017, 15, 130min) ★★★★★
1.20 AM **Drift** Drama starring Cynthia Erivo and Alia Shawkat. (2023, 15, 93min) ★★★★
3.00 **West North West** Drama starring Hanae Kan and Sahel Rosa. (2015, 15, 125min) ★★★
5.10 **to 7.05** AM **Parachute** Comedy. (2023, 15, 108min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.10 AM **Ex Machina** As 3.45am.
9.10 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
11.00 **Ouija** Horror chiller with Olivia Cooke. (2014, 15, 87min) ★★
12.40 PM **The Woman in Black** Chiller starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
2.25 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
4.15 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. (2023, 15, 111min) ★★★
6.20 **Zombieland** Horror comedy starring Woody Harrelson. (2009, 15, 84min) ★★★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson and Mary Stuart Masterson. (2023, 15, 109min) ★★
9.55 **The Adjustment Bureau** Romantic sci-fi thriller starring Matt Damon and Emily Blunt. (2011, 12, 105min) ★★★★
11.50 **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★★
1.40 AM **Repo Men** Sci-fi action thriller. (2009, 18, 111min) ★
3.45 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
5.40 **to 7.35** AM **Biosphere** Comedy. (2022, 15, 106min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.15 AM **The Witches** Fantasy. (1989, PG, 90min) ★★★★
8.55 **Addams Family Values** Comedy. (1993, PG) ★★★★
10.40 **Bean** Comedy. (1997, PG) ★★★
12.20 PM **Wonka** (2023, PG) ★★★★
2.20 **The Flintstones** Comedy. (1994, U, 93min) ★★★
4.00 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
5.40 **IF** Fantasy. (2024, U) ★★★
7.30 **Goosebumps 2: Haunted Halloween** (2018, PG) ★★

5.40 IF

Goosebumps 2: Haunted Halloween (film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure starring Martin Freeman. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure starring Martin Freeman. (2013, 12, 161min) ★★★★
2.40 AM **The Hobbit: The Battle of the Five Armies** Fantasy adventure starring Martin Freeman and Richard Armitage. (2014, 12, 144min) ★★★
5.15 **to 6.50** AM **Step Dogs** Family comedy starring Joris Jarsky. (2013, U, 82min) ★

Sky Cinema Action
307 407 507 521

6.10 AM **Men in Black: International** As 8.30pm.
8.10 **Men in Black** As 10.30pm.
9.50 **Men in Black II** As 5.00pm.
11.30 **Men in Black 3** As 6.40pm.
1.20 PM **Men in Black: International** As 8.30pm.
3.20 **Men in Black** As 10.30pm.
5.00 **Men in Black II** Sci-fi comedy sequel. (2002, PG) ★★★
6.40 **Men in Black 3** Sci-fi comedy sequel starring Josh Brolin. (2012, PG, 105min) ★★★★

6.40 Men in Black 3

8.30 **Men in Black: International** Sci-fi comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. With Linda Fiorentino and Vincent D'Onofrio. (1997, PG, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Men in Black II** (2002)
2.00 **Men in Black 3** As 6.40pm.
3.55 **to 6.00** AM **Men in Black: International** As 8.30pm.

Sky Cinema Comedy
308 408 508 522

7.15 AM **My Big Fat Greek Wedding 2** (2016, 12) ★★
8.55 **Shakespeare in Love** Comedy. (1998, 15, 122min) ★★★★
11.05 **Please Don't Destroy: The Treasure of Foggy Mountain**
12.45 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
2.35 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
4.15 **Mamma Mia!** (2008) ★★★★
6.15 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★

8.00 David Brent: Life on the...

8.00 **David Brent: Life on the Road** Comedy spin-off starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **In & Out** Comedy starring Kevin Kline, Tom Selleck and Joan Cusack. A small-town teacher's life is turned upside down when he is outed as gay by a former pupil on TV. (1997, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Paint** Comedy drama starring Owen Wilson and Elisabeth Henry. (2023, 12, 96min) ★★★
1.05 AM **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
3.20 **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★
5.00 **to 6.40** AM **The Brits Are Coming** Crime caper with Uma Thurman. (2018, 15, 90min) ★

Sky Cinema Thriller
309 409 509 523

6.55 AM **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
8.35 **State of Play** Political thriller. (2009, 12, 127min) ★★★★
10.55 **Green Zone** Action thriller. (2010, 15, 110min) ★★★★
1.05 PM **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
3.45 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
5.30 **Bad Boys II** Action comedy sequel with Martin Lawrence. (2003, 15, 147min) ★★★

10.30 Changing Lanes

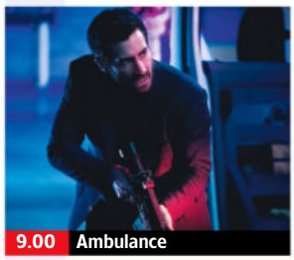
8.00 **Angels & Demons** Mystery thriller based on Dan Brown's novel, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Changing Lanes** Thriller starring Ben Affleck and Samuel L Jackson. A road accident turns a New York attorney and an insurance salesman into bitter adversaries. (2002, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **He Went That Way** Drama. (2023, 15, 96min) ★★★
2.10 **Shaft** Crime thriller. (2000, 18, 99min) ★★★
4.00 **Hypnotic** Action thriller. (2023, 15, 93min) ★★★
5.45 **to 7.25** AM **Ruthless** Thriller. (2023, 15, 92min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Zoo** Family drama. (2018, PG, 97min) ★★★
12.55 PM **The Seeker: The Dark is Rising** Fantasy adventure. (2007, 12, 98min) ★★
2.50 **Gulliver's Travels** Adventure. (2010, PG, 84min) ★★★
4.30 **Dream Horse** Comedy drama. (2020, PG, 113min) ★★★★
6.45 **Bumblebee** Fantasy prequel starring Hailee Steinfeld. (2018, PG, 114min) ★★★★


9.00 Ambulance

Bumblebee (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Ambulance** Crime drama starring Jake Gyllenhaal. A man desperate for money asks for help from his adoptive brother, a criminal who instead offers him a score, but their getaway goes wrong. With Yahya Abdul-Mateen II. (2022, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Stuber** Action comedy with Dave Bautista. A wild journey ensues for a mild-mannered Uber driver when he picks up an aggressive cop who is on the hunt for a vicious killer. (2019, 15, 93min) ★★
1.35 **to 4.00** AM **Beautiful Beings** Icelandic drama starring Birgir Dagur Bjarkason. Subtitled. (2022, 18, 123min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Books to Screen
302 402 502 516

7.05 AM **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.45 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
10.45 **Oppenheimer** Epic biopic. (2023, 15, 180min) ★★★★★
1.45 PM **Edge of Tomorrow** Thriller. (2014, 12, 113min) ★★★★
3.40 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★

6.00 **War of the Worlds** Sci-fi adventure starring Tom Cruise. (2005, 12, 116min) ★★★★
8.00 **Jack Reacher** Action thriller with Tom Cruise. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★★
10.15 **Jack Reacher: Never Go Back** Action thriller sequel with Tom Cruise and Cobie Smulders. (2016, 12, 118min) ★★★

12.15 AM **Lawless** Prohibition-era crime drama with Shia LaBeouf. (2012, 18, 111min) ★★★★
2.15 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. (2023, 18, 156min) ★★★
4.20 **to 6.00** AM **The Hanging Sun** Drama. (2022, 15, 93min) ★★

Sky Cinema Greats
304 404 504 518

7.55 AM **Out of Africa** As 5.05am.
10.35 **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
1.00 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
3.25 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
5.50 **Superman II** Fantasy adventure sequel with Christopher Reeve. (1980, PG, 127min) ★★★

8.00 **Superman III** Fantasy adventure sequel starring Christopher Reeve. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a computer genius to plan the crime of the century. (1983, PG, 123min) ★★★
10.05 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve. The Man of Steel tries to rid the world of nuclear weapons. (1987, PG, 90min) ★

11.40 **The Deer Hunter** Oscar-winning drama starring Robert De Niro. (1978, 18, 183min) ★★★★★
2.45 AM **Zulu** Historical adventure. (1963, PG, 138min) ★★★★★
5.05 **to 7.45** AM **Out of Africa** Oscar-winning romantic drama. (1985, PG, 162min) ★★★★

Sky Cinema Animation
305 412 500 514

6.25 AM **Sinbad: Legend of the Seven Seas** As 1.30am.
7.55 **Lego Batman Movie** Animation. (2017, U, 104min) ★★★★
9.50 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
11.20 **Home** Animation. (2014, U) ★★★
1.00 PM **Hotel Transylvania 2** Animated sequel. (2015, U) ★★★
2.35 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★

4.00 **Antz** Animated comedy. (1998, PG, 83min) ★★★
5.35 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
7.10 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
8.50 **Road to El Dorado** Animation. (2000, U, 89min) ★★★
10.30 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
11.55 **Mia and Me: The Hero of Centopia** (2022, U) ★★★

1.30 AM **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
3.00 **The Inseparables** Animation. (2023, U, 90min) ★★★
4.40 **to 6.25** AM **Mavka: The Forest Song** Animated fantasy. (2023, PG, 99min) ★★

Movies 24
312 419

7.00 AM **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
9.00 **A Very Venice Romance** Comedy. (2023, PG, 84min) ★★
11.00 **Caribbean Summer** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
3.00 PREMIERE **For the Love of Lily** Drama starring Ashton Leigh. (2024, PG, 90min) ★★

5.00 **My Dreams of You** Romantic drama. (2024, PG, 90min) ★★
7.00 **Blind Date Book Club** Romantic drama starring Erin Krakow. A Nantucket bookshop owner known for matchmaking others finds love with an author. (2024, PG, 90min) ★★
9.00 **His and Hers** Drama starring Lacey Chabert and Brennan Elliott. Married lawyers find their relationship strained when on opposite sides of a divorce case. (2024, PG, 90min) ★★

11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 AM **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Fashionably in Love** Comedy. (2023, PG, 87min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Old Mother Riley, Headmistress** Comedy. (1950, b/w, U, 76min) ★★
7.35 **Rogue's Yarn** Murder mystery. (1957, b/w, PG, 77min) ★★
9.10 **The Battle of the Rails** Drama. Subtitled. (1946, PG, 85min) ★★
10.50 **What's On TPTV with Noel**
11.05 **The Beverly Hillbillies** (S1)
11.40 **Man on the Run** Thriller. (1949, b/w, PG, 82min) ★★

1.20 PM **Cinebox Memories**
1.25 **Batman** 9/60. (S2)
2.00 **Abilene Town** Western. (1946, b/w, 15, 91min) ★★
3.45 **Look at Life** Documentary.
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **Smokescreen** Mystery thriller. (1964, b/w, U, 66min) ★★★
7.30 **Tell Me Another**
8.00 **Gideon's Way** 12/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club**

9.55 **Budgie** 6/13. (S1)
11.00 **The Best of Benny Hill**
12.40 AM **The Heritage Chart Show**
1.45 **Fuzz** Drama. (1972, 18) ★★
3.35 **Final Appointment** Drama. (1954, b/w, U, 90min) ★★
4.55 **The Texan** 20/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sunday

Sky Sports Main Event

401 511 501 419 439

5.30 AM LIVE **Formula 1** Coverage of the Chinese Grand Prix, the second round of the season staged at Shanghai International Circuit. Start-time 7.00am.
10.00 **Ted's Notebook**
10.30 **Formula 1** Chinese Grand Prix.
11.30 **Carragher vs Thomas Frank**
11.45 LIVE **WSL West Ham United v Tottenham Hotspur.** Coverage of the Women's Super League match at Chigwell Construction Stadium. Kick-off 12.00noon.
2.00 PM **Sports Sunday**
4.00 LIVE **WSL Aston Villa v Manchester United.** Coverage of the top-flight match staged at Villa Park. Kick-off 4.30pm.
7.00 LIVE **PGA Tour Golf** Coverage of the fourth day of the Valspar Championship from Innisbrook Resort in Palm Harbor, Florida.
10.00 LIVE **WTA & ATP Tennis** Coverage of day six of the Miami Open, a hard-court tournament from Miami Gardens in Florida.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of the sixth day of the Miami Open staged at Miami Gardens in Florida.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Unpacked: Arne Slot**
9.15 **The Big Padel Match**
9.30 **Carragher vs Thomas Frank**
9.45 **Unpacked: Enzo Maresca**
10.00 **The Big Padel Match**
10.15 **Unpacked: Arne Slot**
10.30 **The Big Interview**
11.00 **Premier League Stories**
11.30 **Carragher vs Thomas Frank**
11.45 LIVE **WSL West Ham United v Tottenham Hotspur.** Coverage from Chigwell Construction Stadium. Kick-off 12.00noon.
2.00 PM **Unpacked** Double bill.
2.30 **The Big Padel Match**
2.45 **Carragher vs Thomas Frank**
3.00 **Premier League Highlights**
4.00 LIVE **WSL Aston Villa v Manchester United.** Coverage of the top-flight match staged at Villa Park. Kick-off 4.30pm.
7.00 **English Managers: The Decline**
8.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Chelsea v Wigan.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2010/11**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
10.45 **WSL** Arsenal v Liverpool.
11.15 **SWPL Cup** Hibernian v Rangers.
11.45 LIVE **WSL West Ham United v Tottenham Hotspur.** Coverage of the Women's Super League match at Chigwell Construction Stadium. Kick-off 12.00noon.
2.00 PM **WSL** Arsenal v Liverpool.
2.30 **EFL Highlights**
3.30 **SWPL Cup** Hibernian v Rangers.
4.00 LIVE **WSL Aston Villa v Manchester United.** Coverage of the top-flight match at Villa Park. United are aiming to push Chelsea at the top of the table, while the Villans have struggled so far this term. Kick-off 4.30pm.
7.00 **EFL Cup Highlights**
8.00 **Best Goals: EFL Cup 24/25**
8.30 **WSL** West Ham v Tottenham.
10.30 **SWPL Cup** Hibernian v Rangers.
11.00 **WSL** Recent action.
12.00 M'T **EFL Cup Retro**
2.00 AM **EFL Trophy Football**
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Moments from the Championship Play-Off Final**
5.30 **to 6.00** AM **League 1 & 2 Play-Off Final (1993-2019)**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Highlights from India.
8.00 **ICC Champions Trophy Cricket**
8.55 **IPL** Action from India.
9.50 LIVE **Indian Premier League Sunrisers Hyderabad v Rajasthan Royals.** Coverage of the T20 match from Rajiv Gandhi International Cricket Stadium, Hyderabad. The hosts are looking for just their second title at this event and their first since 2016, while the visitors haven't won this competition since its first season.
2.00 PM LIVE **Indian Premier League Chennai Super Kings v Mumbai Indians.** Coverage of the T20 match staged at M. A. Chidambaram Stadium, Chennai. The Super Kings are the most successful franchise at this tournament having won five IPL titles since their first in 2010, while Mumbai will equal that record if they win this year.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Action from India.
1.00 AM **IPL** Kolkata Knight Riders v Royal Challengers Bengaluru.
5.10 **Ashes Greats** Archive action.
5.30 **to 6.00** AM **Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** Coverage of day four of the Porsche Singapore Classic from Laguna National Golf Resort Club.
7.00 **Tour Golf Highlights**
7.30 **UnFiltered at the Rolex Series**
8.00 **DP World Tour Golf**
11.00 **My Ryder Cup** Phillip Price.
11.15 **Golf** Recent highlights.
11.45 LIVE **PGA Tour Golf** Coverage of the early stages of day four of the Valspar Championship from Innisbrook Resort, Palm Harbor.
5.00 PM LIVE **PGA Tour Golf** Further coverage of day four of the Valspar Championship at Innisbrook Resort, Palm Harbor. The last four winners of this event have been American golfers, with Peter Malnati and Taylor Moore winning in the last two years.
10.00 **Ladies European Tour Golf**
11.00 **PGA Tour Champions**
12.00 M'T **Playing Lessons**
1.00 AM **PGA Tour Golf** Highlights.
3.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** Indian Wells Open.
7.00 **WTA & ATP Tennis** Miami Open.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day six of the Miami Open at Miami Gardens in Florida, featuring third-round matches in the men's and women's singles.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of the sixth day of the Miami Open staged at Miami Gardens in Florida.
3.00 AM **Bitesize Tennis** Highlights.
3.15 **Frances Tiafoe Podcast 2024**
3.30 **Mirra Andreeva Podcast 2024**
3.45 **Bitesize Tennis** Highlights.
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM LIVE **T20 Cricket New Zealand v Pakistan.** Coverage of the fourth T20 from Bay Oval.
10.00 **Premiership Rugby Union**
11.00 LIVE **Spanish Women's Liga F Barcelona v Real Madrid.** Coverage from Estadi Olimpic Lluis Companys. Kick-off 11.00am.
1.00 PM **PL: Big Interview**
1.30 **Premiership Rugby Union**
2.30 LIVE **Gallagher Premiership Rugby Union Bath v Gloucester.** Coverage of the match from the Recreation Ground. Kick-off 3.00pm.
5.15 **The Rugby Review**
6.00 **UEFA Champions League**
6.15 LIVE **Alpine Skiing** Coverage of the Super G event in Sun Valley.
7.30 **World Rally Championship**
8.00 **Crouchy and Cole**
8.30 **T20 Cricket Highlights**
9.30 LIVE **SailGP** In San Francisco.
11.00 **Alpine Skiing** From Idaho.
12.00 M'T **Spanish Women's Liga F**
1.00 AM **T20 Cricket Highlights**
2.00 **T20 International Cricket**
3.00 **TNT Sports Cricket Reload**
3.15 **WRC: More Than Machine**
4.00 **World Rally Championship**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 2

411 871 522 409 431

6.00 AM LIVE **World Rally Championship** Coverage of the Safari Kenya Special Stage 19.
7.00 **Crouchy and Cole**
7.30 **Cycling** Milan San Remo.
8.30 **TNT Sports Reload**
8.45 LIVE **World Rally Championship** Coverage of the Safari Kenya Special Stage 20.
9.45 **TNT Sports Reload**
10.00 **Triathlon T1 World Cup**
11.00 LIVE **World Rally Championship** Coverage of the Safari Kenya Special Stage 21.
1.15 PM **UEFA Champions League**
1.30 **MotoGP Highlights**
2.30 LIVE **Saut Hermes** Coverage of day three of the Grand Prix Hermes at Grand Palais in Paris.
6.00 LIVE **ePremier League** Coverage from the finals.
10.00 **Women's T20 International Cricket** New Zealand v Australia.
11.00 **Gallagher Premiership Rugby Union** Bath v Gloucester.
12.00 M'T **World Rally Championship**
12.30 AM **Cycling** Milan San Remo.
2.30 **World Rally Championship**
3.00 **MotoGP Highlights**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **SailGP Highlights**

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Western Force v Fijian Drua.** Coverage of the match at HBF Park in Perth. Kick-off 6.05am.
8.00 **Super League Highlights**
8.45 **Fight Night International**
10.45 **Super League Highlights**
11.00 **Fight Night** Azim v Lipinets.
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship**
3.00 **Super League** A chance to see Leeds Rhinos v Wigan Warriors.
5.30 **Top Rank Boxing Archive**
7.00 **Super League Highlights** Hull Kingston Rovers v Hull FC. **7.15** St Helens v Wigan Warriors. **7.30** Highlights of Leeds Rhinos v Warrington Wolves from 2024. **7.45** Action from Leigh Leopards v Wigan Warriors in 2024.
8.00 **The Rugby Championship**
10.00 **Fight Night** Azim v Lipinets.
11.00 **Super League Highlights**
12.00 M'T **State of Origin Rugby League** Recent highlights.
1.00 AM **The Rugby Championship**
3.00 **Fight Night** Azim v Lipinets.
4.00 **Super League Highlights**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
12.00 NOON **Sports Sunday** Studio guests join the team for live reports and the latest scores from all the afternoon's sporting events.
4.00 PM LIVE **NCAA Basketball** Rolling coverage of today's matches in the NCAA college basketball tournament, as a number of subregional second-round games take place at arenas around the country. Another eight matches are scheduled to take place today as the round of 32 concludes, with the winners of today's games progressing to the Sweet Sixteen on Thursday.
4.00 **to 6.00** AM **Sky Sports News** Round-up of the latest sports news, with live analysis and comment, plus extended interviews with headline-makers.

Sky Sports Mix

416 873 510 429 449

6.00 AM **The Rugby Championship**
8.00 **Fight Night International**
9.00 **Premier League Darts**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
5.30 **Super League Highlights**
5.45 **Women's Super League** St Helens v Leeds Rhinos in 2024.
6.00 **Super League Highlights**
6.30 **The Rugby Championship** Argentina v Australia from 2024.
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International** Junto Nakatani v David Cuellar Contreras.
10.00 **The Rugby Championship** Argentina v Australia from 2024.
12.00 M'T **Top Rank Boxing Archive**
1.30 AM **Fight Night** Jonas v Price.
2.30 **My Icon** Pam Cookey.
2.45 **The Rugby Championship**
4.45 **My Icon** Johnny Nelson.
5.00 **to 6.00** AM **Fight Night International**

TNT Sports 3

413 874 523 410 432

7.00 AM LIVE **AFL Fremantle Dockers v Sydney Swans.**
10.00 **Cycling** Milan San Remo.
11.00 **UEFA Europa League Goals**
11.15 **Biathlon** In Oslo, Norway.
12.15 PM LIVE **Biathlon** From Oslo.
1.00 LIVE **Cross Country Skiing** Coverage from Lahti in Finland.
2.15 **Biathlon** In Oslo, Norway.
2.45 LIVE **Biathlon** In Oslo, Norway.
3.30 **TNT Sports Reload**
3.45 **Alpine Skiing** From Sun Valley.
4.45 LIVE **Alpine Skiing** Coverage of the women's Super G in Sun Valley.
6.00 **TNT Sports Reload**
6.15 LIVE **Alpine Skiing** Coverage of the men's Super G in Sun Valley.
7.30 **Biathlon** In Oslo, Norway.
8.30 **Ski Jumping** From Lahti, Finland.
9.00 LIVE **NWSL NJ/NY Gotham FC v Orlando Pride.** K-o 9.00pm.
11.15 **AFL** Three match replays.
5.15 AM **Crouchy and Cole**
5.45 **to 6.00** AM **UEFA Conference League Goals Reload**

TNT Sports 4

414 876 524 411 434

6.00 AM **Alpine Skiing** From Idaho.
7.00 LIVE **Curling** Coverage of the final in Uijeongbu, South Korea.
10.00 **Men's Ski Jumping World Cup**
10.30 LIVE **Freestyle Skiing** Coverage from Switzerland.
11.30 LIVE **Snowboarding** Coverage from Engadin in Switzerland.
1.45 PM **UEFA Champions League**
2.00 **UEFA Europa League Goals**
2.15 **UEFA Conference League**
2.30 **Cycling** Milan San Remo.
3.30 LIVE **Ski Jumping** Coverage of the HS130 team event in Lahti.
5.15 **Freestyle Skiing** In Engadin.
5.45 **Snowboarding** In Switzerland.
7.15 **UEFA Conference League**
7.30 LIVE **NBA Utah Jazz v Cleveland Cavaliers.** Coverage of inter-conference match from Delta Centre. Tip-off 7.30pm.
10.00 **AFL** Lions v Eagles.
12.00 M'T **AFL** Two match replays.
4.00 AM **Alpine Skiing**
5.00 **to 6.00** AM **T20 Cricket**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **NASCAR Highlights**
8.00 **LaLiga Specials**
9.00 **Downhill Skateboarding**
10.00 **United Rugby Championship**
12.00 NOON **NHL on the Fly**
1.00 PM **United Rugby Championship**
3.00 **LaLiga Match Highlights**
3.10 LIVE **LaLiga 2 Eibar v Huesca.** The Spanish second-tier match from Ipurua. Kick-off 3.15pm.
5.15 **LaLiga Specials**
5.30 **Bike World** Magazine.
6.00 LIVE **NASCAR** Coverage of the Straight Talk Wireless 400.
11.00 **Bike World** Magazine.
11.30 **Sporting Countdowns**
12.00 M'T **Transworld Sport**
1.00 AM LIVE **NHL Ice Hockey Los Angeles Kings v Boston Bruins.** The inter-conference match. Face-off 1.00am.
4.00 **Bike World** Magazine.
4.30 **Sporting Greats**
5.00 **to 6.00** AM **FIM Sidecarcross**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **NHL Ice Hockey** A match replay.
11.30 **GP Confidential**
12.00 NOON **Japan Rugby**
2.00 PM **Top 14 Rugby Union** Clermont Auvergne v Racing 92. **4.00** La Rochelle v Castres. **6.00** Toulon v Perpignan.
8.00 LIVE **Top 14 Rugby Union Bordeaux v Toulouse.** Coverage of the match staged at Matmut Atlantique. Kick-off 8.05pm.
10.00 LIVE **NHL Ice Hockey Florida Panthers v Pittsburgh Penguins.** The Eastern Conference match from Amerant Bank Arena. Face-off 10.00pm.
1.00 AM **NHL: This is Hockey**
1.30 **Temples of Sport**
2.00 **Bike World** Magazine.
2.30 **Temples of Sport**
3.00 **GP Confidential**
3.30 **NHL Ice Hockey**
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

406 516 506 424 444

5.30 AM LIVE **Formula 1** Coverage of the Chinese Grand Prix, the second round of the season staged at Shanghai International Circuit. Start-time 7.00am.
10.00 **Ted's Notebook**
10.30 **Formula 1** Australian Grand Prix.
10.55 **Formula 1** Chinese Grand Prix.
6.30 PM **Ted's Notebook**
7.00 LIVE **Indycar** Coverage of the Thermal Club IndyCar Grand Prix in California. Start-time 7.00pm.
9.30 **Formula 1** Chinese Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 1** Chinese Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Monday

24 March

Evening Planner

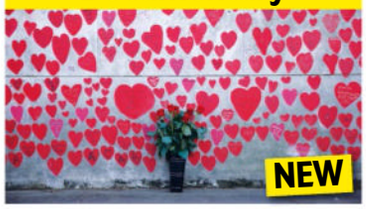
Comedy Drama

Crongton
BBC3, from 7pm (box set, BBC iPlayer)
Comedy drama set in the fictional urban estate of Crongton, where Lemar (aka Liccie Bit) has some growing up to do.

Football

World Cup Qualifier: England v Latvia
ITV1, k-o 7.45pm
Jordan Pickford and his England team-mates face Latvia for the first time.

Documentary

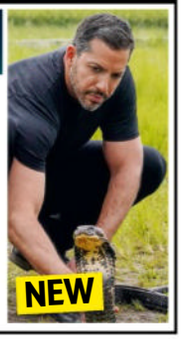


Love and Loss: The Pandemic 5 Years On
BBC1, 8pm
Documentary looking back to when COVID-19 brought the world to a stop.

OnDemand

Disney+

David Blaine: Do Not Attempt
Available today
The magician travels the world to meet people who perform death-defying feats.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Love and Loss: The Pandemic 5 Years On			10.00 News; Local News	10.40 Three...
	102 BBC2	7.00 Grand Tours of...	7.30 Mastermind	8.00 Chess Masters...	8.30 University...	9.00 Great British Menu: The Finals		10.00 Detectorists	10.30 Newsnight
	103 ITV1	7.00 World Cup Qualifier – Live: England v Latvia (Kick-off 7.45)						10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 Tempting Fortune		10.00 Celebrity Gogglebox	
	105 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Police: Suspect No 1		10.00 Casualty 24/7: Every Second Counts	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Film: John Wick: Chapter 2			
ENTERTAINMENT	115 BBC3	7.00 Crongton			8.20 Gladiators		9.20 The Insider: Reggie Yates US...		10.15 Film: A Million Little Pieces
	116 BBC4	7.00 Just Another...	7.30 Peter Ustinov: This is Your...		8.15 Arena: Desert Island Discs	9.00 An Audience with Ken Dodd		10.05 Arena: Ken Dodd's Happiness	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Abandoned Railways from Above		9.00 Castle Secrets		10.00 Hunting Nazi Treasure	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.05 Naked Attraction	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus			10.15 Small Town, Big Story
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly			10.10 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You? At...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Alan Davies: As Yet Untitled	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	◂ 6.55 The Grand Fishing Adventure		8.00 River Monsters		9.00 Film: Heartbreak Ridge			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: The Only Way Is Epic		10.00 Utopia	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad 2		9.00 Poker Face		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu & the Dutch Royal Family				10.00 André Rieu: New York Memories	
	132 U&W	7.00 MasterChef Junior USA		8.00 Cops on the Rock		9.00 Brit Cops Down Under		10.00 Ambulance Australia	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Mega Shippers		10.00 Alaska Mega Machines	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Fish or Die				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Air Crash Investigation		10.00 Mutant Weather	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Ramses the Great: King of Ancient...		10.00 Secrets in the Ice	
	155 U&YESTERDAY	7.00 Our Guy in Colombia		8.00 Masters of Reinvention		9.00 James May's Toy Stories		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Urban Secrets		8.00 UFO		9.00 Tell Them You Love Me			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 AfrAid		8.00 It Ends with Us					10.20 The Wasp
	302 BOOKS TO SCREEN	◂ 6.20 The Boy in the Striped Pyjamas		8.00 Crouching Tiger, Hidden Dragon				10.05 Lawless	
	303 HITS	◂ 6.10 The Spiderwick Chronicles		8.00 Blue Beetle					10.10 Insidious: The Red Door
	304 GREATS	◂ 5.50 Star Trek The Motion Picture		8.00 The Lawnmower Man					10.30 The Deer...
	305 ANIMATION	◂ 5.45 The Angry...	7.30 The Angry Birds Movie 2			9.10 The Inseparables			
	306 FAMILY	7.00 The Hobbit: The Desolation of Smaug					9.50 The Hobbit: The Battle of the Five Armies		
	307 ACTION	◂ 5.20 Black Hawk Down		8.00 Bad Boys for Life				10.05 The Legend of Tarzan	
	308 COMEDY	◂ 5.50 The Five-Year Engagement		8.00 Game Night			9.45 The Producers		
	309 GANGSTERS	◂ 6.00 Ocean's Eleven		8.00 John Wick				10.00 Chinatown	
	310 DRAMA	◂ 5.00 Meet Joe Black		8.00 Jarhead					10.15 West North West
	311 SCI-FI	◂ 6.15 A Quiet Place: Day One		8.00 Star Trek Beyond					10.10 Repo Men
	313 FILM4	◂ 6.50 The Mountain Between Us				9.00 Mission: Impossible – Ghost Protocol			
SPORT	401 MAIN EVENT	◂ 6.00 Tennis – Live: The Miami Open							
	402 PREMIER LEAGUE	7.00 Unpacked		8.00 Gary Neville's Soccerbox		9.00 Newcastle...	9.30 We're Not...	10.00 PL Icons	
	403 FOOTBALL	◂ 6.55 EFL Cup Highlights		7.55 Irish Football – Live: Dungannon Swifts v Linfield (Kick-off 8.00)				10.00 SWPL Cup	10.30 EFL Highlights
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from Group 12 of the Champions League					9.30 UFC		
	411 TNT SPORTS 2		7.15 The Rugby Review	8.00 Men's Cycling World Tour		9.00 Fishing: On the Bank		10.00 T20 Cricket Highlights	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Policing Paradise** 1/16. Documentary following police officers in Bermuda. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** New edition The Chiltern Hills. (S)
3.45 **Make It at Market** Series finale 15/15. A coppersmith and a crocheter seek advice. (S)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show Alex Jones and Roman Kemp are joined by Mary Berry to celebrate her 90th birthday. (S)

7.30 EastEnders Avani, Lily and Amy's decision to skip school has huge consequences. (S)(AD)

8 PM

8.00 Panorama: Fixing the NHS – What Will It Take? New edition In-depth current affairs report. (S)

8.30 NEW **Love and Loss: The Pandemic 5 Years On** Documentary charting the pandemic through the eyes of those who lost loved ones to COVID-19, including director Catey Sexton, whose mother died in a care home. She and 12 other families across the UK share their stories of loss, with some seeking answers from the public inquiry. (S)(AD)

9 PM

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Three Girls 1/3. Fact-based drama starring Maxine Peake and Lesley Sharp, about three of the children who were victims in the 2012 grooming and sex trafficking case in Rochdale. New to the area, Holly is keen to make friends, but finds herself drawn into a frightening world all too familiar to sexual health worker Sara. (S1) (S)(R)(AD)
11.40 Who Do You Think You Are? Joe Sugg researches his family history, finding an ancestor involved in the early days of communication technology. (S)(R)(AD)
12.40 AM **Weather for the Week Ahead**
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Make It at Market** (S)(R)(AD)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.00 **Attenborough's Life in Colour** 1/2. David Attenborough explores the ways animals use colour. (S)(R)(AD)
5.00 **Flog It!** From rural Essex. (S)(R)
6.00 **Richard Osman's House of Games** With Larry Dean, Kirsty Gallacher, Sam Quek and Lemn Sissay. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 11/20. Michael visits the Alpine village which was the setting for *Heidi*. (S)

8.00 Chess Masters: The Endgame

7.00 Grand Tours of Scotland's Rivers Series finale 6/6. Paul Murton follows the River Ythan. (S)

7.30 Mastermind New edition Subjects include The Clash, HMS *Warrior* and the films of Marilyn Monroe. (S)

8.00 Chess Masters: The Endgame New edition 3/8. Leading chess player Magnus Carlsen sets the contestants a challenge. (S)

8.30 University Challenge New edition Amol Rajan asks the questions in the second quarter-final. (S)

9.00 Great British Menu: The Finals New edition Andi Oliver hosts the start of Finals Week, which sees the last eight chefs trying to win a course at the banquet, beginning with the vegan starter. (S)
■ Continues tomorrow

10.00 Detectorists 6/6. The police investigate a huge hole that has been excavated. (S1) (S)(R)(AD)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Surgeons: At the Edge of Life 4/6. Two surgeons attempt to save their patient's life and preserve her smile. (S)(R)(AD)
12.05 AM **Sign Zone: Countryfile** Matt Baker and Joe Crowley explore the slate landscape of north west Wales. (S)(R)
1.00 **Sign Zone: Gladiators** 8/11. The concluding quarter-final. (S)(R)(AD)
2.00 **Sign Zone: Waterloo Road** (S)(R)
3.00 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Alan Titchmarsh's Gardening Club** New edition Camilla Bassett-Smith explores a garden in Cornwall, Claire Lowrie shares her favourite houseplant tools, and Henry Agg demonstrates how to create a DIY garden path. (S)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 International Football

7.00 LIVE **International Football: World Cup Qualifier** England v Latvia: Mark Pougatch is joined by Roy Keane and Ian Wright to present coverage of both teams' second World Cup Group K qualifier, held at Wembley Stadium. This is the first time these two sides have faced each other, but England will be expecting nothing less than three points against the Latvians, whose only two wins in the last 12 months both came against the Faroe Islands. With commentary by Sam Matterface and Lee Dixon, and reports from Gabriel Clarke. Kick-off is at 7.45. (S)

10.00 ITV News (S)
10.35 Local News (S)
10.45 The British Airways Killer 2/2. A three-day long police interview of Robert Brown finally ended with a confession and the pilot leading officers to the site where Joanna Simpson was buried. (S)(R)(AD)
11.45 Olivia Attwood's Bad Boyfriends 8/12. The competition heats up with the first elimination. (S)(R)
12.35 AM **Teleshopping**
3.00 **The Undercover Police Scandal: Love and Lies Exposed** A mutual friend introduces Helen and Alison and they swap stories. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Judi Love's Culinary Cruise** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 13-16/25. (S6) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S1) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The contest begins at the Greyhound Inn in the Peak District. (S)
5.30 **Come Dine with Me** Magician Anthony hosts the week's first dinner party from Norwich. (S)(R)
6.00 **A Place in the Sun: What Happened Next?** New edition Catching up with people who moved to the Costa Blanca and Charente in France. (S)

8.00 Batch from Scratch

7.00 News (S)

8.00 Batch from Scratch: Cooking for Less Series finale 6/6. Joe Swash and Suzanne Mulholland help the Evans family from Bridgend, whose chaotic mealtimes have led to stress and a reliance on convenience foods. (S)(AD)

9.00 Tempting Fortune New edition 4/8. After eight days of jungle life, the campmates are tempted with coffee and pastries, and an enticing all-you-can-eat Chinese buffet – but both come with heavy price tags. (S)(AD)

10.00 Celebrity Gogglebox Famous faces review shows including *Is It Cake, Too?*, *Hijack*, *Five Star Kitchen: Britain's Next Great Chef*, *Saving Giraffes: The Long Journey Home* and *Dr Pimple Popper*. (S)(R)(AD)
11.05 The Nevermets (S)(SL)(R)(AD)
12.10 AM **Gypsy Rose: Life After Lock Up** 2/8. Gypsy settles into her new life in Lake Charles. (S)(R)(AD)
12.55 Ramsay's Kitchen Nightmares USA A New York diner. (S)(SL)(R)
1.45 FILM **Goodbye Christopher Robin** Biopic of AA Milne, starring Domhnall Gleeson. (S)(SL)(AD) (2017, PG, 105min) ★★★★
3.30 **Sunday Brunch Best Bits** (S)(R)
3.40 **Hollyoaks Omnibus** (S)(SL)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

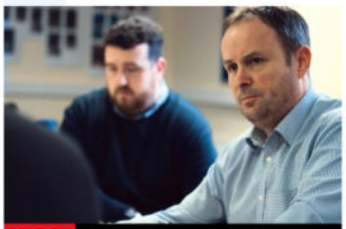
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM NEW SERIES **Vanessa** Talk show with Vanessa Feltz. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Dial for Murder** Thriller starring Kirsten Comerford. (S) (2023, 15, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Annabelle and Amelia put on a fashion show. (S)(R)(AD)
5.00 **News** (S)
6.00 **Celebrity Eggheads** With Gyles Brandreth, Anne Diamond, Jon Bentley and Kemi Majeks. (S)(R) **6.25** David James, Richard Arnold, Ian Waite and Anne Widdecombe take part. (S)(R)
6.55 **News** (S)



9.00 Police: Suspect No 1

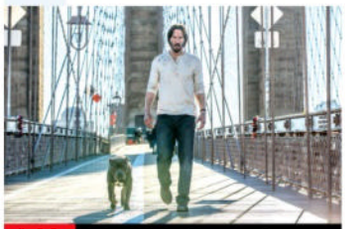
7.00 Police Interceptors A suspected stolen Mini is pursued, and after nearly hitting a man walking his dog, officers have a familiar face in handcuffs. (S)(R)
7.55 **News** (S)
8.00 Traffic Cops New edition Officers stop a vehicle thought to be linked to organised crime, leading to the arrest of a suspected drug dealer believed to be trafficking a million pounds worth of cocaine. (S)
9.00 Police: Suspect No 1 New edition 3/5. A restaurant worker is stabbed in the neck with a pair of scissors in broad daylight, and as the victim is rushed to hospital, police set out to identify the suspect. (S)
10.00 Casualty 24/7: Every Second Counts Doctors in the A&E department treat a patient in cardiac arrest, and a cyclist is rushed into hospital after a head-on collision with a metal gate. (S)(R)
11.05 **999: Emergency Call Out** Cases include a fire raging in a block of flats. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 7/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Puffless:* Marge's twin sisters Selma and Patty agree to give up smoking. (S)(R) **5.30** *Every Man's Dream:* Homer and Marge have a trial separation. (S)(R)
6.00 **The Office (US)** 2/6. Michael holds his own seminar on racial sensitivity. (S)(R) **6.30** 3/6. Michael has to come up with a cheaper company health plan, so decides to pass the job on to Dwight. (S1) (S)(R)



9.00 John Wick: Chapter 2

7.00 The Simpsons *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef. (S)(R) **7.30** *Friend with Benefit:* Lisa makes friends with a new girl at school whose father is a billionaire. (S)(R)
8.00 UFO 4/4. A look at how acclaimed psychiatrist John Mack began an investigation into claims of alien abduction and the shocking discoveries he made. (S)(R)(AD)
9.00 FILM **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When a scheming Italian crime lord holds him to a blood oath, reluctant hitman John Wick goes on another murderous rampage. With Riccardo Scamarcio and Ian McShane. (S) (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Rob Beckett's Smart TV** Guests include David Mitchell and Anna Richardson. (S)(R)
12.05 AM **Veep** 5/10. Selina and Mike get to work on her book. (S)(R) **12.40** 6/10. Selina makes a visit to Qatar. (S6) (S)(R)(AD)
1.15 **The Force: North East** (S)(R)
2.10 **Road Wars** (S)(R)
3.05 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 7/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Sportscene: SWPL Highlights (S)(R) **12.10am** Scotcast (S)(R) **12.40** Who Do You Think You Are? (S)(R)(AD) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm Chronicles of the Sperrins Series finale (S) **10.40** Panorama: Fixing the NHS: What Will It Take? New edition (S) **11.10** Three Girls (S)(R)(AD) **12.10am** Who Do You Think You Are? (S)(R)(AD) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Feast of Football (S) **11.10** Scrum V Highlights (S) **11.40pm-12.40am** Three Girls (S)(R)(AD)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Ceolta New edition (S) **11.05pm-12.05am** Nazis, U-Boats and the Battle for the Atlantic (S)(R)

WALES
Sky 968, Freesat 968
11.05pm Beacons: Short Films from Wales New episode (S) **11.20pm-12.05am** Prairie Dogs: Talk of the Town – Natural World (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sgwrs Dan y Lloer **12.30** Heno **1.00** Hen Dy Newydd (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Castell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Tyrchwyr gyda Iolo Williams (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Marw Isio Byw New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.30** Ralio: Pencampwriaeth Rali'r Byd: Saffari Kenya **10.00** Sgorio **10.30** Sgwrs Dan y Lloer **11.00** Bariau (AD) **11.35pm-12.10am** Codi Hwyl America

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM NEW SERIES **Crongton** 1/10. Drama based on Alex Wheatle's series of books, following Liccle Bit and his friends as they navigate life on the Crongton estate. **7.25** New episodes 2/10. Venetia's family prepare a memorial on the anniversary of her cousin's death. **7.55** 3/10. Liccle Bit is excited for sports day. (S1) ■ Entire series on BBC iPlayer
8.25 **The Catch Up**
8.20 **Gladiators** 9/11. Bradley and Barney Walsh host the first of this year's semi-finals.
9.20 **The Insider: Reggie Yates US Prison Guard** 3/3. Reggie guards inmates at Guildford County Jail.
10.15 FILM **A Million Little Pieces** Drama starring Aaron Taylor-Johnson. (2018, 15, 113min) ★★★★
12.00 M'T **Dreaming Whilst Black**
1.15 AM **Paranormal: Britain's Last Witch**
2.15 **Ruck Stars**
2.45 **Press X on the BBC**
2.55 **to 3.55** AM **Cuckoo**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Just Another Day: Tower of London** John Pitman presents a profile of a day in the Tower of London.
7.30 **This Is Your Life** Michael Aspel takes a look at Peter Ustinov's life and career.
8.15 **Arena: Desert Island Discs** The story of the long-running radio show.
9.00 **An Audience with Ken Dodd** The comedian entertains famous faces.
10.05 **Arena: Ken Dodd's Happiness** A tribute to the comedian and singer, originally shown in 2007 to mark his 80th birthday.
11.05 **The Good Old Days** A 1977 edition featuring Ken Dodd.
11.50 **Ken Dodd: Face to Face**
12.30 AM **Ken Dodd's Liverpool Walkabout** A tour of the city with the comedian.
12.40 **Wogan** With Frankie Howerd.
1.20 **Just Another Day: Tower of London** As 7.00pm.
1.50 **This Is Your Life**
2.35 **to 3.30** AM **Arena: Ken Dodd's Happiness**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Slogan banners.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Debbie and Nigel start to create a huge gravel garden.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw get to work on a Japanese off-roader. **6.55** Tim and Fuzz secretly restore a 1997 Lotus Elise.
7.55 **Abandoned Railways from Above** A bird's-eye view of lost railway lines. This edition takes a look at a lost line through Somerset and Dorset's countryside.
9.00 **Castle Secrets** New edition How ruins that once sheltered a scientist's experiments inspired a literary icon. Plus, a stone room where the living pray over the dead and tunnels in a French king's court.
10.00 **Hunting Nazi Treasure** The team of experts explore how the Nazis systematically looted Paris for four years during its occupation, stealing priceless works of art and stripping Jewish apartments.
11.05 **24 Hours in A&E**
1.15 AM **Emergency Helicopter Medics**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Grace is shocked to see a familiar face back in the village.
7.30 **Married at First Sight Australia** New edition It is time for the second Commitment Ceremony.
9.00 **Love Triangle UK** New edition 7/10. All six love triangles collide for the very first time at a dinner party that promises fireworks and delivers absolute chaos.
10.05 **Naked Attraction** Singletons from Bristol and Bolton take part.
11.10 **Gogglebox**
12.15 AM **First Dates: Celebrity Special for SU2C**
1.25 **Married at First Sight Australia** As 7.30pm.
2.50 **Love Triangle UK**
3.50 **Abbott Elementary**
4.15 **The Goldbergs**
4.40 **The Neighborhood**
5.30 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

- 6.00 AM **Send in the Dogs**
- 7.00 **Motorway Patrol**
- 8.00 **Border Patrol**
- 9.00 **Stop, Search, Seize**
- 10.00 **Border Security: America's Front Line** Double bill.
- 11.00 **Bull** 6/16. A doctor is sued for malpractice. (S5)
- 12.00 NOON **The Good Doctor** (S2)
- 1.00 PM **The Cleaning Lady** (S2)
- 2.00 **Chicago Fire** 21/22. Brett searches for closure with the baby she rescued. (S11)
- 3.00 **Caught on Dashcam**
- 4.00 **Nothing to Declare**

8.00 FBI: Most Wanted

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Austalia.

8 PM

- 8.00 **FBI: Most Wanted** *One-Zero:* 9/15. Jess and Sarah's relationship continues to evolve. (S2)

9 PM

- 9.00 **Blue Bloods** *On the Arm:* 11/20. Danny pursues a con artist pretending to be the legendary singer Jimmy Buffett. (S12)

10 PM

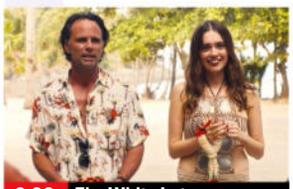
- 10.00 **Law & Order: Special Victims Unit** *Lime Chaser:* 17/22. The unit search for a suspect who drugs women's drinks. (S24)
- 11.00 **The Rookie** 4/22. (S5)
- 12.00 M'T **Law & Order: Organized Crime** 14/22. (S2)
- 1.00 AM **FBI: Most Wanted** (S2)
- 2.00 **Matlock** New episode (S1)
- 3.00 **The Good Doctor** 15/18. (S2)
- 4.00 **Highway Patrol**
- 5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Urban Secrets**
- 8.00 **True Blood** 8&9/12. (S5)
- 10.00 **Six Feet Under** 1&2/13. (S3)
- 11.45 **Game of Thrones** 6/10. (S6)
- 12.45 PM **Westworld** (S2&3)
- 3.45 **True Blood** 8/12. Sookie and Jason visit the site where their parents died. **4.45** 9/12. Andy and Jason hunt the shifter killers. (S5)
- 5.45 **Six Feet Under** 1/13. David and Keith try couples therapy. **6.50** 2/13. David and Rico clash over a business decision. Guest stars Kathy Bates. (S3)



9.00 The White Lotus

- 7.55 **Game of Thrones** *Blood of My Blood:* 6/10. An old foe returns to the great game, Arya faces a difficult choice, and Jaime faces off with the High Sparrow. (S6)
- 9.00 **The White Lotus** New episode *Denials:* 6/8. After the Full Moon festivities, Laurie thinks she's been deceived. (S3)
- 10.15 **Small Town, Big Story** *An Dobhar Who?* 4/6. Wendy navigates the arrival of the show's eccentric writer. (S1)
- 11.20 **Homicide: Life on the Street** 14/20. Pembleton extracts a confession from the suspect in the shootings. (S3)
- 12.20 AM **The Last of Us** 7/9. (S1)
- 1.25 **Watchmen** 6/9. (S1)
- 2.40 **Game of Thrones** 5/10. (S6)
- 3.45 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- 6.00 AM **Hawaii Five-0** (S2)
- 8.00 **The Flash** 15/20. (S8)
- 9.00 **Stargate SG-1** 5&6/22. (S4)
- 11.00 **Supergirl** 4/22. (S2)
- 12.00 NOON **The Flash** 16/20. (S8)
- 1.00 PM **Hawaii Five-0** (S2)
- 3.00 **NCIS: Los Angeles** 7/21. (S14)
- 4.00 **S.W.A.T.** 7/18. (S4)
- 5.00 **Supergirl** 3/22. Kara and the DEO are assigned to protect the president. (S2)
- 6.00 **Stargate SG-1** 5/22. Major Graham goes berserk with a gun, firing on a crowd before killing himself. (S4)

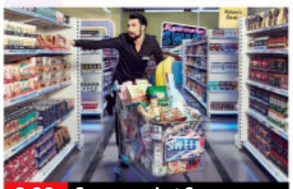
9.00 Poker Face

- 7.00 **Stargate SG-1** *Window of Opportunity:* 6/22. O'Neill and Teal'c are exposed to an alien device and get caught in a time loop. (S4)
- 8.00 **An Idiot Abroad 2** 1/8. Karl visits destinations on his 'bucket list', beginning with a trip to an island in the South Pacific.
- 9.00 **Poker Face** *Time of the Monkey:* 5/10. Charlie works at a retirement home and befriends two rebellious women. (S1)
- 10.00 **Small Town, Big Story** *An Dobhar Who?* 4/6. Wendy navigates the arrival of the show's eccentric writer. (S1)
- 11.00 **Rob Beckett's Smart TV** With guests David Mitchell, Kadiff Kirwan, Ryan Sampson and Anna Richardson.
- 12.00 M'T **The Force: North East**
- 2.00 AM **NEW SERIES A League of Their Own: The Rally** 1/3.
- 3.00 **NCIS: Los Angeles** 7/21. (S14)
- 4.00 **S.W.A.T.** 7/22. (S1)
- 5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
- 9.00 **World's Funniest Videos**
- 10.00 **Love Bites** Double bill.
- 12.00 NOON **Celebrity Dinner Date**
- 1.00 PM **Deal or No Deal**
- 2.00 **Supermarket Sweep**
- 3.00 **Charmed** 18/22. Coop agonises over Phoebe. (S8)
- 4.00 **Gilmore Girls** 18/22. (S5)
- 5.00 **Celebrity Dinner Date** *Love Island* star Michael Griffiths is given five menus.
- 6.00 **Celebrity Catchphrase** With guests Jane Danson, Eddie Kadi and Tom Rosenthal.



2.00 Supermarket Sweep

- 7.00 **Deal or No Deal** Stephen Mulhern hosts as Sam takes on the Banker for the chance to win a life-changing cash prize.
- 8.00 **Ant & Dec's Limitless Win** The duo host the game show as couple Zanesh and Melike continue their game.
- 9.00 **Hell's Kitchen** New edition 13/16. The top five attempt to make professional chefs out of some comedians.
- 10.00 **Family Guy** 13/16. Stewie begins working out. **10.30** 2/16. Peter becomes obsessed with a hit song from 1963. (S7)
- 11.00 **American Dad!** 13/16. Klaus is caught smuggling drugs. **11.30** 6/16. Stan reveals he has never killed anyone. (S3)
- 12.00 M'T **Bob's Burgers** (S7)
- 1.00 AM **Iain Stirling's CelebAbility**
- 1.50 **World's Funniest Videos**
- 2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **Inspector Morse**
- 10.35 **The Royal**
- 11.40 **Heartbeat** Double bill.
- 1.40 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.40 **Inspector Morse** *The Wolvercote Tongue:* An American tourist's body is discovered in her hotel room.
- 6.00 **Heartbeat** *Secrets and Lies:* A blackmailer strikes, and Vernon embarks on a venture in the world of publishing.

10.00 Foyle's War

- 7.00 **Heartbeat** *Fakers and Frauds:* A thief steals the Aidensfield force's panda car and carries out a series of brazen robberies.
- 8.00 **Midsomer Murders** *Let Us Prey:* As Midsomer St Claire prepares for storms and flooding, it appears a murderer is using ancient torture methods to punish modern-day 'sinners'.
- 10.00 **Foyle's War** *The German Woman:* Foyle is frustrated at seeing everyone else go off to war, until he finds himself fighting his own battle on the home front.
- 12.00 M'T **Trial & Retribution** 1/6. Connor and the team investigate an audacious murder where an ambulance is run off the road and its patient is shot in the head. (S12)
- 1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON **This Is BBC Scotland**
- 2.00 PM **Sign Zone: This Farming Life**
- 3.00 **Sign Zone: Scotland's Sacred Islands with...**
- 4.00 **This Is BBC Scotland**
- 6.30 **Reporting Scotland**
- 7.30 **Sportscene: SWPL Highlights** Recent action.
- 8.00 **Scotland's Sacred Islands with Ben Fogle** Ben returns to Taransay.
- 9.00 **Surgeons: At the Edge of Life** 4/6. Two surgeons attempt to save their patient's life and preserve her smile.
- 10.00 **River City** New episode Maggie tries to comfort Sonny following a disheartening diagnosis.
- 10.30 **Scotland's Greatest Escape** New edition 3/5. Three different escapes in Ayrshire.
- 11.00 **Scotcast** New edition
- 11.30 PM **to 12.00** M'T **Burnistoun** 4/6. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Crashing** (S2)
- 9.15 **The Conners** (S2)
- 10.15 **Veep** 1&2/10. (S2)
- 11.25 **Ballers** 6&7/10. (S2)
- 12.35 PM **Curb Your Enthusiasm** (S5)
- 1.55 **Veep** 1&2/10. (S2)
- 3.05 **Ballers** 6&7/10. (S2)
- 4.20 **Crashing** 2&3/8. (S2)
- 5.40 **The Office (US)** (S1)
- 6.40 **The Conners** (S2)
- 7.40 **Curb Your Enthusiasm** 5/10. Richard Lewis discovers he needs a kidney transplant. **8.20** 6/10. Larry finds himself blackmailed into making a boy's wish come true. (S5)
- 9.00 **Paul Chowdhry: Live Innit** A stand-up show by the comedian.
- 10.15 **Real Time with Bill Maher** New edition
- 11.25 **Veep** 5&6/10. (S6)
- 12.45 AM **Jerrod Carmichael Reality Show**
- 2.05 **Crashing** 2&3/8. (S2)
- 3.25 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Pavarotti in Central Park** Featuring the New York Philharmonic.
- 8.10 **Watercolour Challenge**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **Discovering**
- 12.00 NOON **Watercolour Challenge** Double bill.
- 1.00 PM **Tales of the...**
- 2.00 **Julie Andrews Forever**
- 3.00 **Classic Movies**
- 4.00 **Discovering: Al Pacino**
- 5.00 **Landscape Artist of the Year** From Warwickshire.
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **André Rieu & the Dutch Royal Family**
- 10.00 **André Rieu: New York Memories**
- 12.30 AM **Bring Me the Head of Alfred Hitchcock**
- 1.55 **Urban Myths**
- 3.30 **Sky Arts Book Club**
- 4.30 **Arts Uncovered**
- 4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
- 9.00 **Caught on Dashcam**
- 10.00 **Highway Patrol**
- 11.00 **Nothing to Declare**
- 12.00 NOON **Motorway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Caught on Dashcam**
- 3.00 **Nothing to Declare**
- 4.00 **Primeval** 3/6. (S1)
- 5.00 **Stargate SG-1** (S2)
- 6.00 **Stargate Atlantis** (S3)
- 7.00 **Star Trek: Voyager** (S5)
- 8.00 **Hawaii Five-0** *Ka ëowili'oka'i:* 1/25. McGarrett takes extreme measures while investigating his CIA friend's murder. (S9)
- 9.00 **SEAL Team** 1&2/14. (S5)
- 11.00 **Britain's Most Evil Killers** Geoffrey Evans.
- 12.00 M'T **Snapped**
- 1.00 AM **Nothing to Declare**
- 2.00 **Brit Cops: Law & Disorder** Documentary.
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.40 AM **Buying the View**
- 8.10 **Billie and Greg: The Family Diaries**
- 9.10 **Fletchers' Family Farm**
- 10.10 **Buying and Selling**
- 11.10 **The Real Housewives of Dubai** Reality series.
- 12.05 PM **Billie and Greg: The Family Diaries**
- 1.10 **The Only Way Is Essex**
- 2.10 **Dinner Date**
- 3.10 **Scott's Vacation House Rules** New edition
- 4.05 **The Real Housewives of Dubai** Reality series.
- 5.00 **The Real Housewives of Atlanta** Reality series.
- 6.00 **Buying and Selling**
- 7.00 **Fletchers' Family Farm**
- 8.00 **Dinner Date**
- 9.00 **The Real Housewives of Cheshire** New edition
- 10.00 **The Real Housewives of Orange County**
- 11.00 **Botched** Medical series.
- 11.55 **The Only Way Is Essex**
- 12.55 AM **Buying the View**
- 1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
- 10.00 **Father Dowling Mysteries** 8/8. (S1)
- 11.00 **Highway to Heaven**
- 2.00 PM **Father Dowling Mysteries** 5/13. (S2)
- 3.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 7.00 **M*A*S*H** 17-20/25. (S4)
- 9.00 **Randall and Hopkirk (Deceased)** *When the Spirit Moves You:* 16/26. A big-time crook threatens Jeff. (S1)
- 10.00 **The Avengers** *Look – (Stop Me If You've Heard This One) But There Were These Two Fellers:* 11/33. A group of retired clowns go on the warpath. (S6)
- 11.00 **The Persuaders!** (S1)
- 12.00 M'T **M*A*S*H** (S4)
- 2.00 AM **Randall and Hopkirk (Deceased)**
- 3.00 **The Persuaders!** (S1)
- 4.00 **Highway to Heaven**
- 4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots** New edition Sparks fly in a main event with Bloodsport and Rotator.
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Minder**
4.45 **The Sweeney**
5.55 **The Chase** Quiz show hosted by Bradley Walsh.

5.55 The Chase

6.55 **The Grand Fishing Adventure** Ali Hamidi and Bobby Zamora's bucket list fishing tour of Britain begins in Shropshire.

8.00 **River Monsters** The story of an ancient fishing community being terrorised in the Pacific Ring of Fire.

9.00 FILM **Heartbreak Ridge** Action drama starring Clint Eastwood as a US Marine sergeant leading a squadron of rookies into battle in Grenada. With Marsha Mason and Mario Van Peebles. (1986, 15, 130min) ★★
SEX●●● VIOLENCE●●● LANG●●●

11.40 **Auf Wiedersehen, Pet** 4/13. Work on the Manor is halted. **12.40** AM 5/13. Wayne's sexual antics with Pringle's daughter result in the lads being evicted from the Barley Mow. (S2)
1.40 **Two and a Half Men**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 21/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 10/26. (S7)
2.00 **Warehouse 13** 17/20. (S4)
3.00 **Stargate SG-1** 9/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 21/26. A visiting Klingon officer admits to being a spy. (S4)

10.00 The Walking Dead

7.00 **Warehouse 13** *What Matters Most:* 17/20. Claudia and Artie help a homeless boy with a talent for maths. (S4)

8.00 **Stargate SG-1** *Company of Thieves:* 9/20. Mitchell poses as elusive criminal Kefflin to infiltrate the Lucian Alliance. (S10)

9.00 **Grimm** *The Wild Hunt:* 12/22. Part one of two. A Wesen goes on a killing spree, but only preys on worthy opponents. (S3)

10.00 **The Walking Dead** *Self Help:* 5/16. Abraham and some of the group head to Washington, DC, but face danger along the way. (S5)

11.00 **Wynonna Earp** 1/13. First episode of the Western drama starring Melanie Scrofano as a descendant of Wyatt Earp. **12.00** M'T 2/13. Doc Holliday unleashes a foul demon who targets Wynonna's sister. (S1)
1.00 AM **True Blood** 9&10/12. (S2)
3.00 **Train** 11/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 9/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 9/20. Sarah's testimony is challenged by a former rival in court. (S5)
6.00 **Father Brown** *The Bride of Christ:* The clergyman investigates the deaths of two nuns at St Agnes convent.

10.00 Father Brown

7.00 **The Mentalist** *Red John's Rules:* 22/22. Red John strikes again. Guest stars Laura San Giacomo. (S5)

8.00 **White Collar** *Borrowed Time:* 1/6. Neal brokers a deal with the FBI to secure his freedom. (S6)

9.00 **Death in Paradise** *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)

10.00 **Father Brown** *The Menace of Mephistopheles:* Goodfellow witnesses Mallory frame an innocent man.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 21/24. Moran returns to warn Holmes about Moriarty's latest activities. Guest stars Vinnie Jones. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.25 AM **Highlights**
9.10 **On the Up**
9.50 **Are You Being Served?**
10.25 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

7.00 Only Fools and Horses

7.00 **Only Fools and Horses** Rodney tries to help a drunken woman.
7.40 **Dad's Army** Mainwaring's platoon take charge when a naval gun is delivered to the church hall. **8.20** The bumbling platoon chase a runaway barrage balloon.

9.00 **Men Behaving Badly** Tony tries his hand at the art of seduction – with a van and a blanket. **9.35** Tony's brother and his girlfriend pay a visit.

10.10 **The Fast Show** Bob Fleming goes badger watching. **10.50** The Tweed Man buys a pair of trousers.

11.30 **Men Behaving Badly** The housemates endure a sleepless night.
12.10 AM **Inside No 9**
12.50 **The Cleaner** Double bill.
2.05 **The Fast Show** Double bill.
3.20 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK: Celebrity Special**
1.00 PM **Storage Hunters UK**
2.00 **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers reflect on the food of the 1960s.
6.00 **Rick Stein's Mediterranean Escapes** The chef samples seafood dishes in Majorca.

7.40 House of Games

7.00 **Would I Lie to You? At Christmas** Festive edition, with Richard Osman and Sara Pascoe.
7.40 **Richard Osman's House of Games** With Angela Barnes and Kemah Bob. **8.20** With Felicity Ward, Jennie McAlpine, Ugo Monye and Joe Pasquale.

9.00 **QI XL** Guests David Mitchell, Holly Walsh and Noel Fielding join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Alan Davies: As Yet Untitled** With guests Patrick Kielty, Jessica Hynes, Amy Gledhill and Emmanuel Sonubi.
11.00 **Taskmaster** Sally Phillips returns to the womb, and Bob Mortimer champions sausages.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **British as Folk**

+1 hour 211/212 327 74

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **Sun, Sea and Selling Houses** From Alicante.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** In Edinburgh.
7.00 **A Place in the Sun**
7.45 **The Great Celebrity Bake Off for Stand Up to Cancer** With Roman Kemp, Sarah Beeny, Amelia Dimoldenberg and Maxine Peake.
9.00 **Celebrity Gogglebox**
10.00 **24 Hours in A&E**
11.00 **Super Surgeons: A Chance at Life**
12.05 AM **Open House: The Great Sex Experiment**
1.05 **Gogglebox**
2.10 **Tempting Fortune**
4.10 **to 4.40** AM **Unreported World**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 12–14/24. (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Philly:* 5/24. A missing MI6 officer is linked to a murdered petty officer. **7.00** *Shell Game:* 6/24. The abduction of a petty officer seems to be connected to her husband's disappearance. **8.00** *Home of the Brave:* 7/24. A witness in an NCIS case is discovered to be wanted by US immigration. (S14) **9.00** Series finale *Reef Madness:* 10/10. Three bodies are found on an old US Navy ship that is about to be sunk. (S21)
10.00 **Law & Order: Special Victims Unit** (S17)
1.50 **Blue Bloods** 18/22. (S6)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Staff at Barnsley Hospital deal with chainsaw wounds.
9.00 **Ambulance: Code Red** A van collides with an articulated lorry on the M6 in Wolverhampton.
10.00 **Adults Only: Kinky for Cash**
11.00 **Skin A&E** Documentary.
12.00 M'T **A&E After Dark**
1.00 AM **Dexter** (S3)
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
1.00 PM FILM **Belle Starr** Western starring Gene Tierney, Randolph Scott and Dana Andrews. (1941, PG, 87min) ★★★
2.50 FILM **Stagecoach Express** Western starring Don 'Red' Barry. (1942, PG, 57min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 FILM **xXx: Return of Xander Cage** Action thriller sequel with Vin Diesel and Donnie Yen. (2016, 12, 107min) ★★★
11.05 **HMP Belmarsh: Maximum Security**
1.05 AM **Police Interceptors**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition The contestants are tasked with making two of judge Daphne's family favourite sweet treats.
8.00 **Cops on the Rock** Three individuals claim responsibility for a primary school fire.
9.00 **Brit Cops Down Under** The final wave of UK recruits arrive.
10.00 **Ambulance Australia**
11.00 **Bradford on Duty**
12.20 AM **Inside the Ambulance**
12.50 **Red Flag**
1.50 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *The Scarecrow:* 3/4. A man is found dead following an altercation the previous day with his neighbour about his failed crop. (S4)
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Taggart**
2.00 **Birds of a Feather**
2.45 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In north Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform house clearances and uncover hidden gems. **10.00** A cancer survivor wants to sell his beloved whisky collection for a good cause. **11.00** A man needs to raise funds for his mum's care home costs.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** The dealers compete to buy a Danish silver bracelet.
7.00 **Tenable** Warwick Davis. hosts as five frisbee players from London take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wanted: Dead or...**
8.40 FILM **Young Guns II: Blaze of Glory** Western adventure sequel. (1990, 15, 104min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Bad Man's River** Comic Western. (1972, 12, 90min) ★
3.05 FILM **Lone Rider** Western adventure. (2008, PG, 80min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 FILM **Babylon A.D** Sci-fi thriller. (2008, 12, 100min) ★★★
10.55 FILM **French Connection II** Crime thriller sequel. (1975, 18, 119min) ★★★★
1.25 AM FILM **Global Meltdown** (2017, PG) ★
3.10 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
11.00 **Emergency Rescue: Air, Land & Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **Dating to Kill** Thriller. (2019, 12) ★★
3.10 FILM **Murder 101: If Wishes Were Horses** Mystery. (2007, PG) ★★
5.05 FILM **An Aurora Teagarden Mystery: The Julius House** Thriller. (2016, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Rob Roy** Adventure. (1995, 15, 139min) ★★
11.55 FILM **Last Knights** Action adventure. (2015, 15, 112min) ★★
2.15 AM FILM **The Threat Next Door** Thriller. (2023, PG, 105min) ★★
4.00 **to 6.00** AM FILM **A Night to Regret** Drama. (2018, 12) ★★
+1hour 322

GREAT! romance
319 424 52

8.00 AM FILM **A Perfect Match** (2021, PG) ★★
10.05 FILM **Wedding at Graceland** Drama sequel. (2019, PG, 90min) ★★
12.05 PM FILM **Loving Every Minute** Fantasy drama. (2022, U, 86min) ★★
2.00 FILM **Season for Love** Drama. (2018, PG) ★★
4.05 FILM **Seasoned with Love** Romantic comedy. (2021, PG, 90min) ★★
6.05 FILM **Cooking with Love** Romantic comedy. (2018, PG, 90min) ★★
8.00 FILM PREMIERE **Just for Showmance** Comedy. (2023, U, 83min) ★★
9.55 FILM **Picture Perfect Romance** Drama. (2022, U, 89min) ★★
11.55 FILM **Fashionably in Love** (2023, PG) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Dater's Handbook** Comedy. (2016, U) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 5/6. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** 20/36. (S1)
12.00 NOON **Shine on Harvey Moon** 4/6. (S2)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 4/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 5/6. (S3)
6.00 **Bewitched** 20/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 19/26. (S1)
10.00 **Soap** 1/25. (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 8/13. (S1)
12.35 AM **Space 1999** (S1)
1.30 **That's My Dog**
2.00 **Monkey** 5/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch: Dungeon Cove**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Rollo*'s crew endure rough seas. **8.00** January sees the fishermen returning to their boats and resupplying for the crab-fishing season.
9.00 **Survive the Raft** Nine diverse Americans must live and work at sea in a social experiment.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's Provence Masterclass**
7.00 **Delicious Miss Brown**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
3.00 **Delicious Miss Brown**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Mary Berry's Foolproof Cooking** Quick and simple recipes.
9.00 **Michel Roux's French Country Cooking**
10.00 **Rick Stein's Seafood Odyssey** The chef visits Hua Hin in Thailand. **10.30** Grilled lobster.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 25/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 22/23. (S4)
11.00 FILM **Shark Lake** Thriller starring Dolph Lundgren. (2015, 15, 89min) ★★
1.00 PM **The Gambler V: Playing for Keeps**
5.00 **Star Trek** 19/26. (S2)
6.00 **T.J. Hooker** 23/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **The Power of One** Coming-of-age drama starring Stephen Dorff and Morgan Freeman. (1991, 15, 127min) ★★
11.30 FILM **Armored** Thriller starring Columbus Short and Matt Dillon. (2009, 12, 88min) ★★★
1.15 AM FILM **Interview with a Hitman** Action thriller with Luke Goss. (2012, 18, 95min) ★★
3.10 **to 4.55** AM FILM **Horror Hospital** Horror. (1973, 18, 91min) ★

Legend Xtra
317 171 69 138

6.00 AM FILM **Flight World War II** As 5.00pm.
8.00 FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
10.00 **Farscape** 5/22. (S3)
11.00 FILM **End of the World** Sci-fi disaster movie. (2018, PG, 88min) ★★
1.00 PM FILM **Super Cyclone** Disaster movie. (2012, 12, 90min) ★
3.00 **Farscape** 5/22. (S3)
4.00 **Star Trek** 1/24. (S3)
5.00 FILM **Flight World War II** Sci-fi action thriller. (2015, 12, 85min) ★★
7.00 **Farscape** 6/22. (S3)
8.00 **Star Trek** 2/24. (S3)
9.00 FILM **Southern Fury** Thriller starring Adrian Grenier and John Cusack. (2017, 18, 97min) ★★
11.00 FILM **Death Trench** World War One horror. (2017, 18, 88min) ★★
1.00 **to 3.00** AM FILM **Southern Fury** (2017)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real Deal** From Preston.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Skinwalker Ranch**
11.00 **Secrets in the Jungle**
12.00 M'T **Book of Secrets**
1.00 AM **UFOs: Lost Evidence**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Susan Calman's Grand Day Out** The comedian visits Eastbourne on the south-east coast.
10.00 **Holidaying with Jane McDonald: The Caribbean** Jane visits Barbados, St Lucia, Grenada and Antigua.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Cotswolds with Pam Ayres**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Unsellable Houses** New edition Lyndsay Lamb and Leslie Davis update a boxy 1990s home in a high-demand neighbourhood.
10.00 **Celebrity IOU** New edition Mayim Bialik wants to transform her friend's backyard into a sanctuary.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
9.00 **Baylen Out Loud** New edition
10.00 **I am Shauna Rae**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **I am Shauna Rae**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 10&11/22. (S4)
1.00 PM **Friends** (S3)
9.00 **Al Murray: The Only Way Is Epic** Stand-up.
10.00 **Utopia** New episodes 3/8. The staff members get caught up in Healthy Heart Week. **10.35** 4/8. Nat deals with a Freedom of Information request. (S2)
11.10 **Your Face or Mine** Double bill of the comedy game show hosted by Jimmy Carr and Katherine Ryan.
12.10 AM **Reno 911!** (S1)
1.10 **Whose Line Is It Anyway? USA**
2.10 **South Park** (S6&7)
3.05 **Modern Horror Stories**
3.15 **Ahir Shah: Dots**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 3&4/24. (S4)
11.00 **Friends** 16-19/24. (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 3&4/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 17/24. Jess starts dating the father of a student. **9.30** 18/24. Jess worries her date with Russell ended badly. (S1)
10.00 **Friends** 9-14/25. (S3)
1.00 AM **The Ren & Stimpy Show** Double bill.
2.00 **Key & Peele** Double bill.
3.00 **Ugly Americans** (S2)
3.45 **Becker** 3&4/24. (S4)
4.30 **New Girl** (S1)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 5&6/12. (S2)
9.00 **Border Security: Canada's Front Line** Four editions of the documentary series.
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** With Kate Humble.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 13/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom UK** Newcomer Sassi chooses a surprising new career path.
8.00 **Teen Mom: The Next Chapter** Mackenzie officially begins IVF.
9.00 **True Life Crime UK** The case of Jodie Wilkinson, who was stabbed to death in Newcastle.
10.00 **Skin A&E**
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo, and Carly Aquilino take the wheel for some 'crazy card mods'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **Gold Rush: White Water** A revelation sends shockwaves through the crew. **4.00** Dustin and the miners fight to get a diver in the water earlier than ever before.
5.00 **Deadliest Catch** Winter erupts as Johnathan hunts for crab.

7.00 Salvage Hunters

7.00 **Salvage Hunters** Drew Pritchard haggles with a teacher, squeezes into a hoarder's shed and takes a tour of a country house.
8.00 **Hoffman Family Gold** Following Todd Hoffman as he puts his life savings into a plan to turn around a mine in Nome, Alaska.
9.00 **Mega Shippers** One of the biggest heavy lift vessels in the world is squeezed through a narrow canal in Germany.
10.00 **Alaska Mega Machines** Engineers on the Alaskan island of Sitka construct a colossal dam capable of powering an entire town.
11.00 **Mystery at Blind Frog Ranch** Duane and Chad Ollinger unearth $3 billion in treasure.
12.00 M'T **Mountain Monsters**
1.00 AM **Mega Shippers**
2.00 **Alaska Mega Machines**
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Tanked** Double bill.
4.00 **My Cat from Hell** Jackson Galaxy deals with his most vicious feline attack in years.
5.00 **Lone Star Law** Warden Boone is on a mission to arrest a trio of armed robbers.
6.00 **Tanked** Wayde and Brett build a piano-shaped tank.

8.00 Fish or Die

7.00 **Pit Bulls & Parolees** Tia tries to find the perfect dog for a couple living on a farm, while the team rescue a violent stray.
8.00 **Fish or Die** The intrepid anglers are in Borneo searching for the mahseer – a fish that is close to extinction.
9.00 **Fish or Die** In Mexico, the crew navigate a maze of crocodile and mosquito-infested waterways and lagoons.
10.00 **Edge of Alaska** Neil starts the first Motherlode tour, but complications could bring his work to an end.
11.00 **Celebrity Animal Encounters** With Emily Deschanel. **11.30** Featuring Al Roker, Clinton Kelly and Raelynn.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Mysterious Islands**
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
1.00 PM **Destruction Decoded**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** A Ford Anglia in need of a makeover.
6.00 **Lost Treasures of Egypt** Archaeologists go on the hunt for Egypt's most mysterious queen, Nefertiti.

8.00 WWII: Secrets from Above

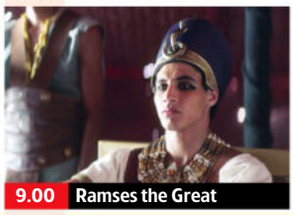
7.00 **Air Crash Investigation** A look at how 301 people on board Saudia Flight 163 were killed when a fire engulfed the plane.
8.00 **World War II: Secrets from Above** New edition In 1942, fierce fighting breaks out in the streets of Soviet Stalingrad.
9.00 **Air Crash Investigation** New edition Investigators are stumped when two planes collide while flying over southern Germany.
10.00 **Mutant Weather** The various alarming ways in which weather is mutating, beginning with catastrophic wildfires.
11.00 **Air Crash Investigation** Focusing on the crash of SilkAir Flight 185 in 1997.
12.00 M'T **Car S.O.S** Double bill.
2.00 AM **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **River Hunters**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Secrets of Great British Castles** A visit to Dover Castle.
5.00 **Pawn Stars** Chum chases down a 1963 Fiat Microcar.
6.00 **American Pickers**



9.00 Ramses the Great

7.00 **Forged in Fire** The team turn a snowmobile's blades into a kukri knife, before the last two fight to forge a sacrificial sword.
8.00 **Digging for Britain** Alice Roberts examines a Dutch ship sunk by the English, a Cornish Roman fort and a monument.
9.00 **Ramses the Great: King of Ancient Egypt** New edition Ramses II's reputation among the martial pharaohs.
10.00 **Secrets in the Ice** New edition A Swiss fisherman uncovers ancient Celtic relics in Lake Neuchâtel.
11.00 **Secrets in the Ice**
12.00 M'T **Paranormal: Caught on Camera** A Pennsylvania family are terrorised by a doll.
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Bradley Walsh: Egypt's Cosmic Code**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **Nazi Murder Mysteries**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **The Americas with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **Nazi Murder Mysteries** The death of Hermann Goering.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Piece Hall in Halifax.

8.00 Masters of Reinvention

7.00 **Our Guy in Colombia** 2/2. Guy Martin comes face to face with a drug dealer and ex-employee of Pablo Escobar.
8.00 **Masters of Reinvention** New edition Dr Shini Somara and her team build a scale replica of an iconic vintage aeroplane.
9.00 **James May's Toy Stories** James enters a Plasticine garden in the Chelsea Flower Show, but judges frown upon his creation.
10.00 **Bangers & Cash** A 1980 Ford Escort, a hand-built 1946 Bedford 12 electric car and a 1957 Austin Healey go up for auction.
11.00 **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien assess sewing machines in Kent.
12.00 M'T **The Americas with Simon Reeve** Simon travels across Central America, from the Caribbean to the Pacific.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Monday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Truckers** New edition Mike and Vinnie confront some unexpected challenges.
9.00 **Shed and Buried: Classic Cars** New edition Henry and Fuzz snap up a vintage Oldsmobile hot rod.
10.00 **Shed and Buried** Henry has his eye on a vintage Land Rover in Ipswich. **10.30** Henry and Fuzz explore Roger's garage of buses in Coventry.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** True-crime.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Julie Archer.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New editions A kidnapping case. **10.00** Clues left behind by a murder victim.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Megan Sharpton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** Susan Barber takes drastic measures to stop her husband leaving.
8.00 **NEW SERIES 48 Hours** In 2014, Megan Parra was found by her parents with a gunshot wound to her head.
9.00 **Fatal Attraction** New edition Two carpooling commuters find the body of a woman in a parking lot.
10.00 **NEW SERIES Britain's Countryside Killers** Exploring the murder of Emma Caldwell.
11.00 **Handsome Devils**
12.00 M'T **Murder: First on Scene** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **48 Hours**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Shocking Crimes: Murder Book**
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** A look into the case of David Morley. **3.00** The murder of Nisha Patel-Nasri.
4.00 **Medical Detectives** An investigation into the murder of a young girl. **4.30** Investigators must determine what caused a fire that killed a couple. **5.00** A go-go dancer vanishes for 20 years. **5.30** Investigators close in on a killer 20 years after the murder. **6.00** A Colorado hunter is shot three times. **6.30** Hunters make a grisly find in a Texas canyon – a human skull.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **Most Evil Killers**
9.00 **What the Killer Did Next** Megan Newton.
10.00 **Killer in My Village**
11.00 **Forensics: Catching...**
12.00 M'T **World's Most Evil Killers** William Suff.
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops: Frontline Crime UK** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **American Dynasties...**
9.30 **War Machine: World...**
10.35 **America the Bountiful**
11.05 **Spy Ops**
12.00 NOON **The Lost Colony of Roanoke**
1.00 PM **America the Bountiful** Documentary.
1.35 **American Dynasties: The Kennedys**
2.35 **The Lost Colony of...**
3.35 **War Machine: World...**
4.45 **Spy Ops**
5.45 **The Lost Colony of Roanoke** Documentary.
6.45 **American Dynasties: The Kennedys**
7.45 **NEW SERIES War Machine: World War II** The weapons used during World War Two.
8.55 **Spy Ops** New edition
9.55 **The Lost Colony of Roanoke** Documentary.
10.55 **War Machine: World...**
12.00 M'T **Spy Ops**
1.00 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Richard Attenborough**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Urban Secrets**
11.00 **UFO** As 8.00pm.
12.00 NOON **A Revolution on Canvas**
2.00 PM **Laurel and Hardy: Their Lives and Magic**
4.00 **The Directors**
5.00 **Discovering: Richard Attenborough**
6.00 **The Vietnam War**
7.00 **Urban Secrets** From Bristol.
8.00 **UFO** 4/4. Psychiatrist John Mack's investigation into claims of alien abduction.
9.00 **Tell Them You Love Me** The story of an affair between an esteemed university professor and a man with cerebral palsy.
11.00 **Crazy, Not Insane**
1.10 AM **Brillo Box (3¢ off)**
2.00 NEW SERIES **The Man Who Wanted to Change the World**
3.10 **Endangered** Documentary.
5.00 **to 6.00** AM **Discovering**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **A Cheetah's Pride**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **Planet Shark**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Attack and Defend**
9.00 **America's Wild Seasons** As autumn begins, change sweeps across America.
10.00 **Brazil Untamed** A look at the wildlife of the Pantanal.
11.00 **Planet Shark**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Evolution Earth**
2.00 **Attack and Defend**
3.00 **America's Wild Seasons**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: Secret Science**
8.00 **History's Greatest Mysteries**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Aliens: Secret...**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence** Mysterious carvings, symbols and structures.
8.00 **Greatest Prison Escapes with Billy Hayes**
9.00 **Ross Kemp: Mafia and Britain**
10.00 **History's Greatest Mysteries**
11.00 **Hitler's British Island**
12.00 M'T **Ancient Aliens**
1.00 AM **Ancient Aliens: Secret...**
2.00 **Digging for Britain**
3.00 **Instruments of Death**
4.00 **Ancient Aliens: The Ultimate...**
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Robbie Coltrane's Critical Evidence**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad with...**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **Cops Gone Bad with Will Mellor** New edition
10.00 **Crimes That Shook Britain**
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Cops Gone Bad with...**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Protecting Paradise: The Story of Niue**
3.00 **Super Reefs**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Some of the deadliest patients at the zoo.
8.00 **Wild India** Life through the eyes of a newborn elephant calf.
9.00 A look at life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
10.00 **Alaska: The Next Generation** The Alaskans must stockpile necessary resources.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **NASA's Unexplained Files**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** Secret documents lead Myke and Dr Livingston to recordings by the US and Russian Navy. Meanwhile, Sarah and Nick hunt down an eyewitness.
8.00 **NASA's Unexplained Files**
9.00 **Salvage Hunters: Classic Cars** Drew Pritchard and Paul Cowland head to Kent to take a look at a glamorous Sunbeam Alpine roadster.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** *Angles:* Burnside and Monroe argue about resources.
5.30 *Watch My Lips:* WPC Ford uses her sign language skills.
6.00 *Feeling Brave:* Carver and Stamp chase armed robbers.
6.30 *Come Fly With Me:* Stamp and Ackland are called to a disturbance at a travel agency.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Control Room** 1/3. Thriller starring Iain De Caestecker. An emergency call handler has his world turned upside down when he receives a desperate call from a woman who appears to know him.
10.20 2/3. Gabe is blackmailed into further criminal behaviour.
11.40 3/3. The police and the criminals close in. (S1)
1.00 AM **The Bill** Four episodes.
3.05 **Top of the Pops**
4.35 **999 Rescue Squad**
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
9.00 **I'd Kill for You**
11.00 **Forbidden: Dying for Love**
12.00 NOON **Obsession: Dark Desires**
1.00 PM **Caught in the Net**
3.00 **American Monster**
5.00 **Mother, May I Murder?**
7.00 **The 1990s: The Deadliest Decade** Focusing on the death of Lisa Carlson.
8.00 Memories of July 1996, when a bomb exploded while thousands were at Centennial Park for the Atlanta Olympics.
9.00 **Fallen Idols: Nick & Aaron Carter** Aaron goes public saying he supports the women's allegations against his brother.
10.00 Aaron's struggles with addiction and mental illness come to a tragic conclusion. Meanwhile, Nick faces more allegations, and his accusers take their cases to court.
11.00 **People Magazine Investigates**
2.00 AM **Mother, May I Murder?**
4.00 **to 6.00** AM **The 1990s: The Deadliest Decade**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Military vehicles.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard eyes a classic Bentley driven with synthetic fuel at Goodwood.
9.00 **Iron Resurrection** Joe and the guys work on a 1941 DeSoto.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.15 AM **Noah's Ark** Animated adventure. (2024, U, 96min)
9.00 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
10.45 **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)
12.45 PM **It Ends with Us** As 8pm.
3.10 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
6.20 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★

6.20 AfrAid

8.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 The Wasp Thriller starring Naomie Harris and Natalie Dormer. Two estranged friends unveil a deceptive plot that changes their lives. (2024, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **MaXXXine** Horror with Mia Goth. (2024, 18, 110min) ★★★
2.00 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
3.45 **Skincare** Dark comedy thriller. (2024, 18, 86min) ★★★
5.30 **to 7.30** AM **Black Dog** (2024)

Sky Cinema Hits

303 403 503 517

6.20 AM **The Cinema List: Biopic**
6.35 **The American Society of...**
8.30 **I.S.S** Sci-fi. (2023, 15) ★★★
10.20 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
12.30 PM **Men in Black** Sci-fi action comedy. (1997, PG) ★★★★
2.25 **Men in Black II** Sci-fi comedy sequel. (2002, PG) ★★★
4.10 **Men in Black 3** Sci-fi comedy sequel. (2012, PG) ★★★★
6.10 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★

10.10 Insidious: The Red Door

8.00 Blue Beetle Fantasy adventure starring Xolo Maridueña and Bruna Marquezine. An ancient relic of alien biotechnology chooses a college graduate as its symbiotic host. With Damián Alcázar. (2023, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Insidious: The Red Door Horror sequel starring Patrick Wilson. Demons from the past resurface with a vengeance and threaten to destroy Dalton Lambert and everyone around him. (2023, 15, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
1.50 AM **The Color Purple** Musical drama starring Taraji P Henson. (2023, 12, 141min) ★★★
4.15 **to 6.00** AM **One More Shot** Thriller. (2023, 15, 102min) ★★

Sky Cinema Drama

310 410 510 524

7.05 AM **Miranda's Victim** Drama. (2023, 15, 127min) ★★★
9.15 **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
11.10 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
1.15 PM **To Olivia** Biopic of Roald Dahl. (2021, PG, 90min) ★★★★
3.00 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
5.00 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★
8.00 **Jarhead** Military drama starring Jake Gyllenhaal, Jamie Foxx and Peter Sarsgaard. During the first Gulf War, a platoon of American Marines try to come to terms with stress and boredom while waiting to see action in Iraq. (2005, 15, 123min) ★★★★
10.15 **West North West** Drama starring Hanae Kan and Sahel Rosa. (2015, 15, 125min) ★★★
12.30 AM **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★
2.30 **Miranda's Victim** As 7.05am.
4.50 **to 7.00** AM **Goodbye Bafana** Fact-based drama with Joseph Fiennes and Dennis Haysbert. (2007, 15, 118min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.35 AM **Lovely, Dark, and Deep**
9.10 **Arcadian** As 3.40am.
10.50 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
12.30 PM **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
2.20 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
4.20 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
6.15 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
10.10 **Repo Men** Sci-fi thriller starring Jude Law, Forest Whitaker and Alice Braga. A repo man whose job is to reclaim artificial organs from clients who can't make the payments finds the tables turned when his own heart is replaced. (2009, 18, 111min) ★
12.15 AM **Biosphere** Sci-fi comedy drama. (2022, 15, 106min) ★★★
2.05 **Lovely, Dark, and Deep** Chiller. (2023, 15, 87min) ★★★
3.40 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
5.20 **to 7.10** AM **Upgrade** Thriller. (2018, 15, 100min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.50 AM **Addams Family Values** Black comedy sequel. (1993, PG, 92min) ★★★★
8.40 **Goosebumps 2: Haunted Halloween** Comedy sequel. (2018, PG, 86min) ★★
10.25 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
12.25 PM **Reuniting the Rubins**
2.10 **IF** Fantasy. (2024, U) ★★★
4.00 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★

7.00 The Hobbit: The Desolation...

7.00 The Hobbit: The Desolation of Smaug Peter Jackson's fantasy adventure, continuing his adaptation of JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. (2013, 12, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 The Hobbit: The Battle of the Five Armies Conclusion of the fantasy adventure trilogy starring Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Reuniting the Rubins** Comedy drama. (2010, PG) ★
2.20 **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★
3.45 **Step Dogs** Family comedy. (2013, U, 82min) ★
5.15 **The Cinema List: Family**
5.35 **to 7.25** AM **The Tiger Rising** Drama. (2022, PG) ★★★

Sky Cinema Action

307 407 507 521

6.00 AM **High Heat** As 12.05am.
7.40 **Black Hawk Down** (2001)
10.20 **The Legend of Tarzan** (2016)
12.25 PM **Fury** As 3.30am.
2.55 **The Legend of Zorro** Action adventure sequel starring Antonio Banderas. (2005, PG, 130min) ★★★
5.20 **Black Hawk Down** Director Ridley Scott's war drama starring Josh Hartnett, Ewan McGregor and Tom Sizemore. (2001, 15, 144min) ★★★

8.00 Bad Boys for Life

8.00 Bad Boys for Life Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The Legend of Tarzan Adventure starring Alexander Skarsgård and Margot Robbie. Years after leaving his old home behind, Tarzan is lured back to Africa. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **High Heat** Action comedy. (2022, 15, 84min) ★★★
1.40 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★
3.30 **Fury** World War Two drama. (2014, 15, 134min) ★★★
5.50 **to 8.10** AM **The Legend of Zorro** As shown at 2.55pm.

Sky Cinema Comedy

308 408 508 522

6.40 AM **The Producers** (2005)
9.00 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
10.40 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.40 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
2.25 **David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★
4.10 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
5.50 **The Five-Year Engagement** Comedy. (2012, 15) ★★★

5.50 The Five-Year Engagement

8.00 Game Night Comedy starring Jason Bateman. A group of friends become entangled in a mystery when the brother of one of them is seemingly kidnapped by gangsters. (2018, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Producers Screen version of Mel Brooks' multi-award-winning stage musical based on his 1968 film comedy, starring Nathan Lane, Matthew Broderick and Uma Thurman. (2005, 12, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Jules** Comedy drama. (2023, 12, 87min) ★★★
1.35 AM **The Big Lebowski** Offbeat comedy thriller. (1998, 18, 117min) ★★★★★
3.35 **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★
5.15 **to 6.55** AM **Happy Gilmore** Comedy with Adam Sandler. (1996, 12, 92min) ★★★

Sky Cinema Gangsters

309 409 509 523

7.25 AM **Mob Land** As 5.05am.
9.20 **Chinatown** As 10.00pm.
11.35 **We Own the Night** Crime drama with Joaquin Phoenix. (2007, 15, 117min) ★★★
1.35 PM **The Italian Job** Thriller inspired by the 1960s crime caper. (2003, 12, 110min) ★★★
3.30 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
6.00 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★

8.00 John Wick

8.00 John Wick Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. With John Leguizamo. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Chinatown Roman Polanski's thriller starring Jack Nicholson and Faye Dunaway. A private investigator takes a routine matrimonial case and stumbles into a web of deceit and murder. (1974, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Godfather** Francis Ford Coppola's classic gangster epic starring Marlon Brando. (1971, 15, 167min) ★★★★★
3.20 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
5.05 **to 7.05** AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Yesterday's Enemy** War drama. (1959, b/w, PG) ★★★★
12.55 PM **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
3.00 **The Desert Rats** Classic World War Two drama. (1953, b/w, U, 88min) ★★★★
4.45 **23 Paces to Baker Street** Thriller. (1956, PG) ★★★
6.50 **The Mountain Between Us** Romantic adventure with Idris Elba. (2017, 12, 112min) ★★

9.00 M:I - Ghost Protocol

The Mountain Between Us (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Mission: Impossible – Ghost Protocol Action spy thriller starring Tom Cruise and Simon Pegg. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **My Friend Dahmer** Drama charting the early years of Ohio serial killer Jeffrey Dahmer, starring Ross Lynch, Anne Heche and Alex Wolff. (2017, 15, 107min) ★★★★
1.50 **to 3.45** AM **Submarine** Coming-of-age comedy directed by Richard Ayoade and starring Craig Roberts. (2010, 15, 96min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

6.00 AM **Turtles All the Way Down** Romance with Isabela Merced. (2024, 12, 111min) ★★★★
7.55 **The Adventures of Baron Munchausen** As 4.05am.
10.05 **Carmen** Musical starring Paul Mescal. (2022, 15, 116min) ★★★
12.05 PM **War of the Worlds** Thriller. (2005, 12, 116min) ★★★★
2.05 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
4.20 **Jack Reacher: Never Go Back** Action thriller sequel with Tom Cruise. (2016, 12, 118min) ★★★
6.20 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.00 **Crouching Tiger, Hidden Dragon** Ang Lee's romantic adventure with Chow Yun-Fat and Michelle Yeoh. Subtitled. (2000, 12, 120min) ★★★★★
10.05 **Lawless** Crime drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
12.05 AM **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
2.25 **Hellraiser** Horror fantasy. (1987, 18, 92min) ★★★
4.05 **to 6.15** AM **The Adventures of Baron Munchausen** Terry Gilliam's epic fantasy adventure. (1988, PG, 126min) ★★★★

Sky Cinema Greats

304 404 504 518

7.45 AM **It Came from Outer Space**
9.20 **Superman** Fantasy adventure starring Christopher Reeve. (1978, PG, 143min) ★★★★
11.50 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
2.05 PM **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
4.10 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★
5.50 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
8.00 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★
10.30 **The Deer Hunter** Michael Cimino's award-winning drama about three friends who enlist to fight in the Vietnam War. Stars Robert De Niro, Meryl Streep and Christopher Walken. (1978, 18, 183min) ★★★★★
1.45 AM **Darkman** Fantasy thriller starring Liam Neeson. (1990, 18, 95min) ★★★
3.35 **It Came from Outer Space** Thriller starring Richard Carlson. (1953, b/w, PG, 81min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.25 AM **Rock Dog** As 12.35am.
8.05 **Antz** Animated comedy. (1998, PG, 83min) ★★★
9.35 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
11.05 **The Inseparables** As 9.10pm.
12.40 PM **Trolls Band Together** Animation. (2023, U) ★★★
2.20 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
4.00 **Kung Fu Panda 4** Animated comedy adventure sequel. (2023, PG, 94min) ★★★
5.45 **The Angry Birds Movie** Animation. (2016, U) ★★★
7.30 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
9.10 **The Inseparables** Animation. (2023, U, 90min) ★★★
10.45 **Mavka: The Forest Song** Animation. (2023, PG) ★★
12.35 AM **Rock Dog** Animation. (2016, PG, 90min) ★★★
2.10 **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U) ★★
3.30 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
4.55 **to 6.20** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Movies 24

312 419

7.00 AM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
9.00 **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
11.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
1.00 PM **The Proposal Spot** Romantic drama starring Debs Howard. (2023, PG, 90min) ★★
3.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
5.00 **Write Place, Write Time** Romantic comedy drama. (2023, PG, 85min) ★★
7.00 **Cut, Color, Murder** Mystery starring Julie Gonzalo, Ryan McPartlin and Eva Tamargo. (2022, PG, 84min) ★★
9.00 **Love on Retreat** Romance starring Ansley Gordon and Jonathan Stoddard. A workaholic beauty brand employee falls for her boss's brother during a company retreat in Miami. (2023, PG, 85min) ★★
11.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
1.00 AM **The Magic of Lemon Drops** Fantasy. (2024, PG) ★★
3.00 **to 5.00** AM **Savoring Paris** Drama.. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Big Day** Drama. (1960, b/w, PG, 62min) ★★★
7.15 **What's On TPTV with Noel**
7.25 **Radio Cab Murder** Thriller. (1954, b/w, PG, 70min) ★★
8.55 **Now Barabbas Was a Robber** Drama. (1949, b/w, PG) ★★★
10.35 **Piccadilly Incident** Melodrama. (1946, b/w, PG, 102min) ★★
12.35 PM **The League of Gentlemen** Comedy. (1959, b/w, PG) ★★★★
2.50 **Forty Guns** Cult Western. (1957, b/w, PG, 76min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 6/39. (S1)
5.30 **Dixon of Dock Green** (S21)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 13/13. (S5)
9.05 **Across the Bridge** Suspense drama starring Rod Steiger. (1957, b/w, PG, 103min) ★★★
11.10 **Death Race 2000** Darkly comic sci-fi action thriller. (1975, 15, 90min) ★★★
12.45 AM **Games That Lovers Play** Comedy. (1971, 18, 91min) ★
2.25 **A Christmas Wish** Comedy. (1950, b/w, U, 88min) ★★
4.15 **Bush Pilot** Adventure. (1947, b/w, PG, 60min) ★★★
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live**
2.00 LIVE **Indian Premier League Delhi Capitals v Lucknow Super Giants.** Coverage of the T20 match staged at ACA-VDCA Cricket Stadium, Vishakhapatnam. Both sides are aiming for their first ever IPL title having never won the event since its inception in 2008.
6.00 LIVE **WTA & ATP Tennis** Coverage of day seven of the Miami Open from Miami Gardens in Florida, including women's fourth-round singles and men's third-round singles matches. Top seed Iga Swiatek's tournament came to an end in round four last year when she was beaten 6-4, 6-2 by Ekaterina Alexandrova.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of day seven of the Miami Open from Florida.
1.00 AM LIVE **TGL** Coverage of the opening match of the Finals Series at Palm Beach Gardens in Florida.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Years**
3.00 **PL Retro** A replay of Liverpool v Manchester City from 2018.
5.00 **PL Best Goals 2011/12**
6.00 **PL 100: Thierry Henry**
6.30 **Premier League 100 Club** The best of Andy Cole's 187 goals in the Premier League.
7.00 **Unpacked** With Pep Guardiola. **7.15** Arne Slot answers questions. **7.30** With Marc Cucurella. **7.45** Featuring Mikel Arteta.
8.00 **Gary Neville's Soccerbox**
9.00 **Newcastle – The Entertainers**
9.30 **We're Not Really Here: Man City** A look back at Manchester City's season in the third tier.
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Birmingham City v Aston Villa from 2002.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2013 final.
12.00 NOON **WSL** A chance to see Aston Villa v Manchester United.
2.00 PM **WSL** A chance to see West Ham United v Tottenham Hotspur.
4.00 **EFL Highlights**
5.00 **SWPL Cup** Hibernian v Rangers.
5.30 **WSL** Arsenal v Liverpool.
6.00 **EFL Greatest Games**
6.10 **EFL Highlights**
6.55 **EFL Cup Highlights**
7.55 LIVE **Irish Football Dungannon Swifts v Linfield.** Coverage of the Sports Direct Premiership match staged at Stangmore Park. Linfield have won both of the previous two matches between the teams this term. Kick-off **8.00pm**.
10.00 **SWPL Cup** Hibernian v Rangers.
10.30 **EFL Highlights** Championship.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **EFL Trophy** The 2022 final.
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Rivalries** Second City Derby.
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **WPL** Action from the final.
7.00 **IPL** Recent action from India.
1.50 PM LIVE **Indian Premier League Delhi Capitals v Lucknow Super Giants.** Coverage of the T20 match staged at ACA-VDCA Cricket Stadium in Vishakhapatnam. Both sides are aiming for their first ever IPL title having never won the event since its inception in 2008. The Capitals got closest when they reached the final in 2020 but they were beaten by the Mumbai Indians by five wickets in the showpiece event that year.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Kolkata Knight Riders v Royal Challengers Bengaluru. **8.00** Delhi Capitals v Lucknow Super Giants in Vishakhapatnam. **9.00** Highlights of Sunrisers Hyderabad v Rajasthan Royals.
10.00 **IPL** Delhi Capitals v Lucknow Super Giants in Vishakhapatnam. **11.00** Chennai Super Kings v Mumbai Indians in Chennai.
12.00 M'T **IPL** Recent action from India.
5.10 AM **Ashes Greats**
5.30 **to 6.00** AM **Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
11.00 **PGA Tour Golf**
4.00 PM **Playing Lessons**
5.30 **Ladies European Tour Golf**
6.30 **DP World Tour Golf**
7.00 **PGA Tour Golf** The Valspar Championship in Palm Harbor.
8.00 **DP World Tour Golf** The Porsche Singapore Classic.
8.30 **Tour Golf Highlights**
9.00 **Ladies European Tour Golf** The Ford Women's NSW Open from Wollongong Golf Club in Illawarra.
10.00 **DP World Tour Golf** The Porsche Singapore Classic from Laguna National Golf Resort Club.
10.30 **Tour Golf Highlights**
11.00 **PGA Tour Champions** Highlights of the Cologuard Classic at La Paloma Country Club in Tucson.
12.00 M'T **PGA Tour Golf**
1.00 AM LIVE **TGL** Coverage of the opening match of the Finals Series at Palm Beach Gardens in Florida.
3.00 **PGA Tour Golf** Highlights.
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Indian Wells.
6.30 **ATP Tour This Week**
7.00 **WTA & ATP Tennis** Miami Open.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day seven of the Miami Open at Miami Gardens in Florida, including women's fourth-round singles and men's third-round singles matches.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of the seventh day of the Miami Open from Miami Gardens in Florida.
3.00 AM **Bitesize Tennis**
3.15 **Tim Henman Podcast 2024**
3.30 **Billie Jean King: My Story**
3.45 **Martina Navratilova: Unstoppable** An interview.
4.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Premiership Rugby Union**
11.00 **UEFA Champions League Road to Glory** Liverpool.
12.00 NOON **UEFA Europa League Goals Reload** The pick of the goals from the round of 16.
12.15 PM **Cycling** Action from the Milan San Remo one-day races in Italy.
2.15 LIVE **Cycling** Coverage of the opening stage of the Tour of Catalunya, starting and finishing in Sant Feliu de Guixols.
4.15 **UEFA Champions League Goals Reload** Action from the latest round of 16 matches.
4.30 **Premier League Stories**
5.00 **Premier League: Big Interview**
5.30 **MLB: Off the Bat**
6.00 LIVE **Ultimate Pool** Group 12 of the Champions League.
9.30 **UFC** Another chance to see Leon Edwards v Sean Brady.
12.30 AM **MLB: Off the Bat**
1.00 **NBA Action** A round-up of the latest highlights from the NBA.
1.30 **NBA on Fire** The latest news.
2.00 LIVE **NBA Phoenix Suns v Milwaukee Bucks.** Coverage of the inter-conference match from Footprint Centre. Tip-off **2.00am**.
4.30 **to 6.00** AM **NBA Classic**

TNT Sports 2

411 871 522 409 431

6.00 AM **Motocross World Championship** Recent action.
10.00 **Women's T20 International Cricket** New Zealand v Australia.
11.00 **T20 Cricket Highlights** New Zealand v Pakistan at Bay Oval.
12.00 NOON **Triathlon T1 World Cup**
1.00 PM **NBA** Another chance to see Utah Jazz v Cleveland Cavaliers.
2.30 **TNT Sports Cricket Reload**
3.00 **Fight Night Live** A chance to see Nick Ball v TJ Doheny.
5.00 **Women's T20 International Cricket** New Zealand v Australia.
6.00 **T20 Cricket Highlights**
7.00 **TNT Sports Cricket Reload**
7.15 **The Rugby Review** A look back at the action from matchweek 12 of Gallagher Premiership Rugby.
8.00 **Cycling** Action from the first stage of the Tour of Catalunya.
9.00 **Fishing: On the Bank**
10.00 **T20 Cricket Highlights** New Zealand v Pakistan at Bay Oval.
11.00 **Women's T20 International Cricket** New Zealand v Australia: The second T20 in the three-match series from Bay Oval.
12.00 M'T **Cycling** Milan San Remo.
2.00 AM **Cycling** Tour of Catalunya.
3.00 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night** Two bout replays.
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Good Morning Football**
2.00 PM **Super League Highlights**
3.00 **Fight Night** Another chance to see Adam Azim v Sergey Lipinets.
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Kansas City Chiefs v Houston Texans in the first Divisional play-off match.
9.00 **NFL Bitesize Highlights**
9.15 **Super League Highlights** Warrington Wolves v Leeds Rhinos. **9.30** Wigan Warriors v St Helens.
9.45 **Women's Super League**
10.00 **NFL Highlights** Action from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
11.00 **The Insiders** The latest news covering all 32 NFL teams.
12.00 M'T **NFL Highlights**
1.00 AM **Top Rank Boxing Archive**
2.15 **Super League Highlights**
3.00 **Women's Super League**
3.15 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Top Rank Boxing**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.00 **Ref Watch** The team analyse the big refereeing decisions from the weekend's games.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of the seventh day of the Miami Open, a hard-court tournament at Miami Gardens in Florida, including women's fourth-round singles and men's third-round singles matches. Top seed Iga Swiatek's tournament came to an end in round four last year when she was beaten 6-4, 6-2 by Ekaterina Alexandrova.
11.00 LIVE **WTA & ATP Tennis** Continued coverage of day seven of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, including women's fourth-round singles and men's third-round singles games.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
8.45 **My Icon** Thierry Henry.
9.00 **Premier League Darts**
1.00 PM **Super League**
3.45 **Darts Gold** Archive action.
4.30 **Super League Highlights**
5.00 LIVE **Baller League** Coverage from the opening round of the UK-based version of the six-a-side football league staged at Copper Box Arena in London.
11.00 **Darts Gold** Archive action.
11.45 **Super League Highlights** St Helens v Catalans Dragons.
12.00 M'T **Super League** A replay of Leeds Rhinos v Wigan Warriors.
2.45 AM **The Rugby Championship** Australia v South Africa in 2024.
4.45 **My Icon** Thierry Henry.
5.00 **to 6.00** AM **Fight Night International**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** Another chance to see Carlton Blues v Hawthorn Hawks. **8.00** A chance to see Western Bulldogs v Collingwood Magpies. **10.00** A chance to see Essendon Bombers v Adelaide Crows.
12.00 NOON **Gallagher Premiership Rugby Union** Northampton Saints v Leicester Tigers. **1.00** PM Highlights from Newcastle Falcons v Sale Sharks. **2.00** Saracens v Harlequins. **3.00** Bristol Bears v Exeter Chiefs. **4.00** Bath v Gloucester.
5.00 **NBA on Fire** The latest news.
5.30 **NBA** Another chance to see Utah Jazz v Cleveland Cavaliers.
7.00 **V8 Supercars Highlights**
9.00 **WRC Review** Safari Rally Kenya.
10.00 **MLB: Off the Bat**
10.30 **NBA on Fire** The latest news.
11.00 **NBA** Jazz v Cavaliers.
12.30 AM **Gallagher Premiership Rugby Union** Recent action.
5.30 **to 6.00** AM **PL Legends**

TNT Sports 4

414 876 524 411 434

6.00 AM **Cycling** Milan San Remo.
8.00 **Spanish Women's Liga F**
9.00 **Premier League Stories**
10.00 **Snowboarding** From Engadin.
11.30 **Freestyle Skiing** In Switzerland.
12.00 NOON **Ski Jumping** From Lahti.
12.30 PM **Alpine Skiing** From Idaho.
1.30 **Biathlon** From Oslo, Norway.
2.30 **Motocross World Championship** Recent action.
6.30 **Snowboarding** From Engadin.
8.00 **Freestyle Skiing** The mixed ski cross team finals from Engadin.
8.30 **Ski Jumping** Action from the team HS130 event in Lahti.
9.00 **Alpine Skiing** In Sun Valley.
10.00 **Biathlon** From Oslo, Norway.
11.00 **UEFA Conference League**
11.15 **WRC: More Than Machine**
1.00 AM **WRC Review**
2.00 **V8 Supercars Highlights**
4.00 **Born Racers** At the Rookies Cup
5.15 **What I Wore** John Barnes.
5.45 **to 6.00** AM **TNT Sports Cricket Reload**

Premier Sports 1

419 551

6.00 AM **Cape to Cape**
7.00 **Ultimate Karting Championship**
9.00 **Transworld Sport** Magazine.
10.00 **World Surf League**
11.00 **Motorsport Highlights**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **Asian Le Mans Series**
4.00 **Transworld Sport** Magazine.
5.00 **LaLiga Highlights**
6.00 **Champions Cup Highlights**
7.00 **Sporting Greats**
7.30 **LaLiga Specials** Best saves.
8.00 **URC in 60** Highlights.
9.00 **Sporting Countdowns**
9.30 **Asian Le Mans Series**
10.30 **Sporting Greats**
11.00 **LaLiga Highlights**
12.00 M'T **URC in 60** Recent action.
1.00 AM LIVE **NHL Ice Hockey Utah Hockey Club v Detroit Red Wings.** Face-off **1.00am**.
4.00 **World Surf League**
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **NASCAR**
10.00 **Bike World** Magazine.
10.30 **GP Confidential**
11.00 **NHL Ice Hockey**
1.00 PM **Top 14 Rugby Union**
3.00 **Bike World** Magazine.
3.30 **United Rugby Championship** A replay of Benetton v Edinburgh. **5.30** Glasgow Warriors v Munster.
7.25 LIVE **LaLiga 2 Real Zaragoza v Cordoba.** The Spanish second-tier match from Estadio La Romareda. Kick-off **7.30pm**.
9.30 **NHL Ice Hockey** Florida Panthers v Pittsburgh Penguins.
11.30 LIVE **NHL Ice Hockey New Jersey Devils v Vancouver Canucks.** Coverage of the inter-conference match from Prudential Centre. Face-off **11.30pm**.
2.30 AM **GP Confidential**
3.00 **Bike World** Magazine.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship** Sharks v Zebre.

Sky Sports F1

406 516 506 424 444

6.00 AM **Ted's Notebook**
6.30 **Formula 1** Chinese Grand Prix.
11.00 **Ted's Notebook**
11.30 **Graham Hill: World Champion**
12.00 NOON **The F1 Wheelchair**
12.15 PM **Jenson & the FW22**
12.30 **Formula 1** Action from China.
1.55 **F1 Explained: Altitude**
2.00 **Formula 1** Chinese Grand Prix.
4.00 **Ted's Notebook**
4.30 **Formula 1** Action from China.
6.30 **Ted's Notebook**
7.00 **Formula 1** Chinese Grand Prix.
9.15 **Ted's Notebook**
9.45 **Jenson Back in His Brawn Car**
9.55 **F1 Explained: Formation Lap**
10.00 **Formula 1** Chinese Grand Prix.
11.00 **F1 Academy Highlights**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

25 March

Evening Planner

Entertainment

A League of Their Own: The Rally

Sky Max & Sky Showcase, 9pm (box set, Sky Box Sets)

The team race from London to Turin.

Travelogue

Neil & Martin's Bon Voyage

U&Gold, 9pm (box set, Sky Box Sets)

The former *Men Behaving Badly* co-stars celebrate their 40-year friendship with a journey through southern France.

Comedy Drama

The Change

C4, 10pm & 10.30pm (box set, C4 online)

Bridget Christie's comedy returns, and Linda's husband Steve has arrived to bring her home – will she go willingly?

OnDemand

NETFLIX

Con Mum

Available today

The unbelievable story that unfolded when chef Graham Hornigold, was contacted by a woman claiming to be his birth mother.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Waterloo Road		10.00 News; Local News	10.40 Three...
	102 BBC2	7.00 Villages by the...	7.30 Mary Berry's...	8.00 Great British Menu: The Finals		9.00 QI XL	9.45 Hypothetical		10.30 Newsnight
	103 ITV1	7.00 Emmerdale		8.00 Coronation Street		9.00 Protection		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 School Swap: UK to USA		9.00 George Clarke's Amazing Spaces		10.00 The Change	
	105 5	7.00 Sell by Dates: The Surprising Truth		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 A League Of Their Own: The Rally		10.00 Film: Retribution	
ENTERTAINMENT	115 BBC3	7.00 Crongton	7.30 World Cup Qualifier – Live: North Macedonia v Wales (Kick-off 7.45)					10.00 The Apprentice	
	116 BBC4	7.00 Just Another...	7.30 Hattie Jacques...	8.00 Hancock's Half...	8.30 The Fall and...	9.00 The Witch Hunts: Lucy Worsley...		10.00 Salman...	10.30 11 Minutes...
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Plebs	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Celebrity PopMaster TV		10.00 PopMaster TV	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Matlock		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Mussolini: Son of the Century			10.15 Homicide: Life on the Street
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Neil & Martin's Bon Voyage		10.00 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 The Grand Fishing Adventure		8.00 World Rally Championship Highlights		9.00 Film: Killer Elite		10.05 Film: Killer Elite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: There's Something About Mary			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Hollywood Stunts		9.00 A League Of Their Own: The Rally		10.00 Never Mind the Buzzcocks	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Mary Cassatt: Painting the Modern Woman		9.15 Miyazaki: Spirit of Nature			
	132 U&W	7.00 MasterChef Junior USA		8.00 Brit Cops Down Under		9.00 Border Force: America's Gatekeepers		10.00 First Responders	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Rush		10.00 Harpoon Hunters	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 The Zoo				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 The Battle for Britain: Drain the Oceans		9.00 Churchill's German Army		10.00 World War II: Secrets from Above	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Bradley Walsh: Egypt's Cosmic Code		10.00 Truthseekers	
	155 U&YESTERDAY	7.00 Our Guy in India		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Spector		7.55 The Man Who Wanted to Change the World		9.00 The Truth vs Alex Jones			
FILMS – Sky Cinema	301 PREMIERE	◂ 4.50 Horizon: An American Saga...		8.00 It Ends with Us					10.20 Fight or Flight
	302 BOOKS TO SCREEN	◂ 6.00 The Saint		8.00 It					10.20 The Day of the Jackal
	303 HITS	◂ 6.00 The Meg		8.00 Meg 2: The Trench				10.00 Five Nights at Freddy's	
	304 GREATS	◂ 6.05 Star Trek II: The Wrath of Khan		8.00 Blade Runner				10.00 Darkman	
	305 ANIMATION	◂ 5.55 Trolls	7.35 Rango				9.30 Rock Dog 2: Rock Around the Park		
	306 FAMILY	◂ 6.00 Scooby-Doo	7.30 Scooby-Doo 2: Monsters Unleashed			9.10 The Hobbit: An Unexpected Journey			
	307 ACTION	◂ 6.20 Hancock		8.00 The Fall Guy					10.15 Hulk
	308 COMEDY	◂ 6.15 Mr Deeds		8.00 Along Came Polly			9.35 The Boat That Rocked		
	309 GANGSTERS	◂ 5.50 Ocean's Twelve		8.00 John Wick: Chapter 2				10.05 The Godfather	
	310 DRAMA	◂ 5.40 The Blind Side		8.00 Straight Outta Compton					10.40 Lee
	311 SCI-FI	◂ 6.25 Tarot		8.00 The Nun			9.45 Edge of Tomorrow		
	313 FILM4	◂ 6.10 Clear and Present Danger				9.00 Rocketman			
SPORT	401 MAIN EVENT	◂ 6.00 Tennis – Live: The Miami Open							
	402 PREMIER LEAGUE	7.00 Sticker Book		8.00 Gary Neville's Soccerbox		9.00 Chasing the Dream		10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights		8.00 WSL		9.00 EFL Highlights	9.30 SWPL Cup	10.00 EFL Highlights	
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	7.00 Snow League		8.00 SailGP Highlights		9.00 Men's Cycling World Tour		10.00 Women's Alpine Skiing World Cup	
	411 TNT SPORTS 2	7.00 V8 Supercars Highlights				9.00 NBA on Fire	9.30 NBA		

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Dudley. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition An American tourist is caught in possession of cannabis. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** New edition A woman looks for a property in rural Wiltshire. (S)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Waterloo Road

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** A terrified Avani is searched by two female officers at the police station. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** Series finale 7/7. The team help the Clarke family from the West Midlands, whose home has been overtaken by the hobbies they love, leaving little room for everyday life. (S)(AD)

9 PM

9.00 **Waterloo Road** New episode 7/8. Coral gets an unexpected delivery, Stella attends a counselling session and Stace tries to get time alone with Noel. (S15) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Three Girls** 2/3. With her pleas previously ignored, Sara is both relieved and unsurprised when the true extent of the abuse and betrayal is revealed, sending shockwaves through the police. The authorities try to persuade the girls to revisit the horror they suffered. (S1) (S)(R)(AD)
11.40 **Billy Monger: The Race Is On for Comic Relief** After 12 months of intensive training, the former racing driver takes on an endurance Ironman competition in Kona, Hawaii, to raise money for Comic Relief. (S)(R)(AD)
12.40 AM **Weather for the Week Ahead**
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Make It at Market** (S)(R)
8.00 **Sign Zone: Agatha Christie: Lucy Worsley on the Mystery Queen** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.00 **Attenborough's Life in Colour** (R)
5.00 **Flog It!** The team value antiques at Longleat in Wiltshire. (S)(R)
6.00 **Richard Osman's House of Games** With Larry Dean, Kirsty Gallacher, Sam Quek and Lemn Sissay. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 12/20. Michael Portillo travels from Sedrun to Schwyz in Switzerland. (S)

6.30 Great Continental Railway...

7.00 **Villages by the Sea** Archaeologist Ben Robinson explores the history of Thorpeness in Suffolk. (S)(R)
7.30 **Mary Berry's Simple Comforts** 6/6. Mary prepares warming dishes in the Highlands. (S)(R)

8.00 **Great British Menu: The Finals** New edition The eight finalists compete to win the fish course at a banquet celebrating great Britons of the past. Comedian Russell Kane is the guest judge. (S)
■ Continues tomorrow

9.00 **QI XL** Sandi Toksvig hosts an edition on the theme of Ultras, with Jordan Gray, Jason Manford and Sara Pascoe joining regular panellist Alan Davies. (S)(R)
9.45 NEW TO BBC2 **Hypothetical** 1/8. Comedy game show hosted by Josh Widdicombe and James Acaster, in which comedians are posed increasingly absurd hypothetical situations. *Previously shown on U&Dave.* (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Selma** Fact-based drama starring David Oyelowo. In 1965, civil rights campaigner Dr Martin Luther King Jr plans a peaceful march across Alabama which will change history. With Tom Wilkinson and Carmen Ejogo. (S)(AD) (2014, 12, 120min) ★★★★★
1.05 AM **Sign Zone: This Farming Life**
2.05 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
3.05 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Richard Arnold, Danny Miller and Rachel Stevens trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Protection

7.00 **Emmerdale** Ella fights her corner, Jai takes advantage of Steph's state of mind, while love is blossoming for Kammy and Sarah. (S)(AD)

8.00 **Coronation Street** Tracy lures Carla to Number One where Rob is waiting, Todd sets his sights on Theo the scaffolder. Sean uses Daniel to smuggle contraband, and Debbie accuses Mick of stealing her purse. (S)(AD)

9.00 **Protection** New episode *Sabotage:* 4/6. Liz is sabotaged while trying to prove foul play and comes under scrutiny from Wheatley. A new suspect emerges, bringing the danger closer to home. (S1) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (S)(AD) (2008, PG, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Teleshopping**
3.00 **Ainsley's National Trust Cook Off** With chefs Serena Appleby and Judy Joo. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 17-20/25. (S6) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S1) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The second visit is to Little Middop Farm in the Ribble Valley. (S)
5.30 **Come Dine with Me** Cleaner Hannah hosts the second dinner party from Norwich. (S)(R)
6.00 **A Place in the Sun: What Happened Next?** New edition Laura Hamilton catches up with a couple in Crete who she helped to find a holiday home in 2020. (S)

9.00 George Clarke's Amazing Spaces

7.00 **News** (S)

8.00 **School Swap: UK to USA** Series finale 3/3. The US students bid a farewell to their friends and head home. The UK students feel the pressure to find a date for the biggest event of the school year. (S)(AD)

9.00 NEW SERIES **George Clarke's Amazing Spaces** The architect meets a former circus chef and his pregnant partner who are planning to turn two lorries into a travelling home and restaurant before their baby is born. (S)(AD)

10.00 NEW SERIES **The Change** 1/6. Return of the comedy starring Bridget Christie. (S)(AD)
10.30 New episode 2/6. Seeds of a revolution are sown across the town. *See feature, page 12.* (S2) (S)(AD)
■ Entire series on C4 online
11.00 **24 Hours in A&E** (S)(R)(AD)
1.00 AM **Alone USA** New edition 8/11. A survivalist's disastrous fall impedes their ability to hunt. (S)
■ Entire series on C4 online
2.10 **The Last Leg** (S)(SL)(R)
3.05 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
3.55 **Huge Homes with Hugh Dennis** From Berkshire. (S)(SL)(R)(AD)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** New edition (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **A Killer in the Family** Thriller starring Zoe Christie. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Wayne and Lisa prepare to move to Torrox Pueblo. (S)(R)
5.00 **News** (S)
6.00 **Celebrity Eggheads** Shaun Williamson, Aasmah Mir, Martin Roberts and Lucy Porter take on the Eggheads. (S)(R)
6.25 Caroline Flint, Anna Soubry, Iain Dale and John Pienaar take part. (S)(R)
6.55 **News** (S)

9.00 Ben Fogle: New Lives in the...

7.00 **Sell by Dates: The Surprising Truth** Food writer Jimi Famurewa and journalist Harry Wallop investigate whether food date labels are a con. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall meets toy poodle Ralph, who has fallen out with owner Karina, and dachshund Tulah, who clucks like a chicken on every car trip. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition Ben visits Spain to meet 50-year-old free spirit Nara, who has spent most of his adult life without modern conveniences like shoes and toothbrushes. (S)

10.00 **A Killer Makes a Call** Series finale 6/6. How a family began their own investigation into their son's death, refusing to believe he died of an overdose, and managed to connect the dots with four murders. (S)

11.05 **Acts of Murder** Focusing on the case of former police officer Drew Peterson (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 8/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Lisa with an S:* Lisa stays with a Broadway legend for a month. (S)(R)
5.30 *Puffless:* Patti moves in with Homer and Marge. (S)(R)
6.00 **The Office (US)** 4/6. To raise team morale, Michael arranges a birthday party for Meredith a month in advance. (S)(R)
6.30 5/6. Michael challenges the warehouse staff to a basketball match – with the losers having to work on Saturday. (S1) (S)(R)

9.00 A League of Their Own

7.00 **The Simpsons** *Paths of Glory:* Marge and Homer suspect Bart might be a sociopath. (S)(R)
7.30 *Barthood:* In a parody of Richard Linklater's film *Boyhood*, this episode chronicles Bart's life. (S)(R)

8.00 **Whale with Steve Backshall** 1/4. Steve freedives with whales and dolphins, getting closer than ever before to record rarely seen behaviours from these extraordinary mammals. (S)(R)(AD)

9.00 NEW SERIES **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Jill Scott and Micah Richards compete in the ALOTO Rally Cup, from London to Turin. *See feature, page 12.*
■ Entire series on Box Sets

10.00 FILM **Retribution** Action thriller starring Liam Neeson. While driving his kids to school, a Berlin-based American businessman learns that his vehicle is rigged with explosives. With Noma Dumezweni and Jack Champion. (S)(AD) (2023, 12, 91min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.00 M'T **Brassic** 6/6. Cardi proposes to Carol, and Vinnie promises to give him the best wedding he can pull together. (S2) (S)(R)
1.00 AM **The Force: North East** (R)
2.00 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 8/22. (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City **11.40** Scotcast **12.10am** Billy Monger: The Race Is On for Comic Relief **1.10** Weather for the Week Ahead **1.15-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.30-10.00pm LIVE World Cup Qualifier

BBC2

N. IRELAND
Sky 969, Freesat 969
5.00pm Flog It! **5.45** LIVE Northern Ireland International Football **8.15** If Walls Could Talk Series finale **8.45-9.45pm** Great British Menu: The Finals New edition

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions **2.40** Lightning **3.10** Unbeatable **3.55** Incredible Medicine: Dr Weston's Casebook **4.55** Attenborough's Life in Colour **5.55-6.00** The Best Dishes Ever **7.00** NEW Winterwatch in Wales **7.30-8.00** EastEnders **9.00** Waterloo Road New episode **10.00-10.30** Rewind: 60 Years of Welsh Pop **11.05** Hypothetical **11.50** Surgeons: At the Edge of Life **12.50-1.05am** Saving Lives at Sea

ITV1

As main ITV1 except:
WALES
10.45pm Sharp End **11.45** Welsh Lives **12.10-12.35am** Vanished Wales

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Cartrefi Cymru **1.30** Cefn Gwlad **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Wal **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sgorio **6.30** Rownd a Rownd New episode **7.00** Newyddion a'r Tywydd **7.20** LIVE Pêl-Droed Rhyngwladol **10.00** Marw Isio Byw **11.00-11.35pm** Bariau

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Crongton** New episode 4/10. McKay plans a family meal, and the gang's hunt for a key ingredient takes them to North Crongton. (S1)
7.25 **The Catch Up**
7.30 LIVE **Football: World Cup Qualifier** North Macedonia v Wales: Coverage of the Group J match at Tose Proeski Arena in Skopje. Kick-off is at 7.45.
10.00 **The Apprentice** 8/12. Lord Sugar tasks the candidates with developing and branding their own hot sauce, before pitching their product to industry experts.
11.00 **The Apprentice: You're Fired** Tom Allen meets the latest candidate to be fired.
11.30 **Paranormal: Britain's Last Witch** 1&2/4. Sian Eleri recounts the story of medium Helen Duncan.
12.30 AM **Cuckoo** 1&2/6. (S1)
1.30 **Stacey Dooley: Meet the Shoplifters**
2.15 **My Insta Scammer Friend**
3.00 **to 4.00** AM **Top Gear**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Just Another Day: The Seaside** A day in Walton-on-the-Naze, Essex.
7.30 **This Is Your Life** A tribute to actor Hattie Jacques.
8.00 **Hancock's Half Hour** The council decide to cut down the tree in Hancock's garden.
8.30 **The Fall and Rise of Reginald Perrin** Reggie plans a dinner party.
9.00 **The Witch Hunts: Lucy Worsley Investigates** 1/4. The historian examines the 16th-century witch hunts.
10.00 **Salman Rushdie: This Cultural Life** New edition Novelist Salman Rushdie talks to John Wilson.
10.30 **11 Minutes: America's Deadliest Mass Shooting** 3&4/4. Documentary.
11.55 **Arena: Desert Island Discs**
12.50 AM **Just Another Day: The Seaside** As 7.00pm.
1.20 **This Is Your Life**
1.50 **The Good Old Days**
2.35 **to 3.35** AM **The Witch Hunts: Lucy Worsley Investigates**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Braided coasters.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Anna and Edward restore their wedding catering kitchen.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly work on a Japanese rally car.
6.55 Tim and Fuzz restore a rare French classic car.
7.55 **Grand Designs** Kevin McCloud meets Spanish architect Jaime and his wife Mimi as they embark on a mission to convert a Grade II-listed folly into a family home in Buckinghamshire.
9.00 **Celebrity PopMaster TV** Ken Bruce hosts a celebrity edition of the music quiz, with broadcaster Nikki Fox, choirmaster Gareth Malone, TV presenter Jean Johansson, comedian Nish Kumar and pop star Claire Richards.
10.00 **PopMaster TV** 2/6. Music lovers from across the UK compete in the second heat as they fight to secure a place in the Grand Final.
11.05 **The Emergency Ward**
12.10 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** A plan is hatched to free Mercedes.
7.30 **Married at First Sight Australia** New edition Jacqui's desire to teach Ryan how to be the husband that she wants him to be has devastating consequences.
9.00 **Love Triangle UK** New edition 8/10. Some singles are crumbling under the pressure of keeping both partners happy.
10.00 **Gogglebox** Opinions on *The Graham Norton Show* and *Mary Berry: Love to Cook*.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Married at First Sight Australia** As 7.30pm.
2.40 **Love Triangle UK**
3.30 **Abbott Elementary**
3.55 **The Goldbergs**
4.40 **The Neighborhood**
5.05 **to 6.00** AM **Modern Family**

+1 hour | 235/236 | 306 | 30 | 123

Tuesday primetime

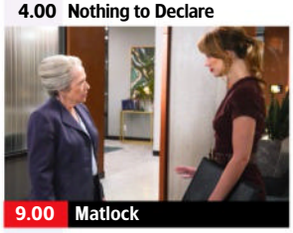
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 7/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S2)
2.00 **Chicago Fire** 22/22. Brett waits for life-changing news, and a psychic has a grave warning for Herrmann. (S11)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**


9.00 Matlock

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI: Most Wanted** *Spiderwebs:* 10/15. Crosby's old army buddy is attacked in a drug deal gone wrong. (S2)

9 PM
9.00 **Matlock** New episode *A Traitor in Thine Own House:* 11/18. Shae collaborates with Olympia's team. (S1)

10 PM
10.00 **The Cleaning Lady** 10/10. Desperate for a way out, Thony tries her best to make a deal with Garratt. (S1)
11.00 **The Rookie** 5/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 15/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Equalizer** New episode
3.00 **The Good Doctor** 16/18. (S2)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.10 **True Blood** 10&11/12. (S5)
10.15 **Six Feet Under** 3&4/13. (S3)
12.20 PM **Game of Thrones** (S6)
1.25 **Westworld** 2&3/8. (S3)
3.45 **True Blood** 10/12. A spate of vampire attacks causes trouble for the Authority. **4.45** 11/12. Russell invades the fairy burlesque club. (S5)
5.45 **Six Feet Under** 3/13. Ruth acts out of character by stealing a lipstick from a shop. **6.50** 4/13. Lisa plans a birthday party for Ruth. (S3)

9.00 Mussolini: Son of the...

7.55 **Game of Thrones** *The Broken Man:* 7/10. The High Sparrow eyes another target, Jaime confronts a hero, and Olenna Tyrell plans to leave King's Landing. (S6)

8.00 **Rob & Romesh vs Hollywood Stunts** Rob Beckett and Romesh Ranganathan learn about film stunt work.

9.00 **Mussolini: Son of the Century** Series finale *Chapter 8:* 8/8. Benito is cornered. Subtitled. (S1)
■ Entire series on Box Sets

10.15 **Homicide: Life on the Street** *Law and Disorder:* 15/20. Bayliss's colleagues refuse to help him investigate a case. (S3)
11.20 **The Wire** 5/13. Burrell loses Royce's support after details of the case are leaked. (S4)
12.25 AM **The Baby** 2/8. (S1)
1.05 **Mare of Easttown** 5/7. (S1)
2.20 **Game of Thrones** 6/10. (S6)
3.25 **In Treatment**
3.55 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 16/20. (S8)
9.00 **Stargate SG-1** 7&8/22. (S4)
11.00 **Supergirl** 5/22. (S2)
12.00 NOON **The Flash** 17/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 8/21. (S14)
4.00 **S.W.A.T.** 8/18. (S4)
5.00 **Supergirl** 4/22. Kara and Alex investigate the murder of an unregistered alien. (S2)
6.00 **Stargate SG-1** 7/22. The team are called in to help when the Russian government encounters problems. (S4)

10.00 Never Mind the Buzzcocks

7.00 **Stargate SG-1** *The First Ones:* 8/22. Daniel is held prisoner by a Unas uncovered during an archaeological dig. (S4)

8.00 **Rob & Romesh vs Hollywood Stunts** Rob Beckett and Romesh Ranganathan learn about film stunt work.

9.00 **NEW SERIES A League of Their Own: The Rally** 1/3. The gang compete in the ALOTO Rally Cup. *See feature, page 12.*

10.00 **Never Mind the Buzzcocks** Music quiz, with Sophie Willan, The Libertines, DJ Target and Harriet Kemsley.
10.55 **Road Wars**
12.00 M'T **Brassic** 6/6. Cardi proposes to Carol. (S2)
1.00 AM **The Force: North East**
2.00 **Rob Beckett's Smart TV** New edition With Tom Allen.
2.45 **Road Wars**
3.20 **NCIS: Los Angeles** 8/21. (S14)
4.10 **S.W.A.T.** 8/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
10.00 **Love Bites** Double bill.
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 19/22. Paige rescues her protege. (S8)
4.00 **Gilmore Girls** 19/22. Luke fills in as head chef. (S5)
5.00 **Celebrity Dinner Date** With reality TV star Liam Blackwell.
6.00 **Celebrity Catchphrase** Featuring Kate Garraway, Pete Wicks and Sir Bradley Wiggins.

11.05 Family Guy

7.00 **Deal or No Deal** Stephen Mulhern hosts as Dori takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** Best friends Terri and Jess, and husband-and-wife team Paul and Ellie take on the ladder.

9.00 **Hell's Kitchen** New edition 14/16. The top four chefs cook and present a tableside dish for Foxwoods chefs.

10.00 **Plebs** 1/8. Stylax decides to reinvent himself. **10.30** 2/8. Marcus is unexpectedly asked to be best man for Aurelius. (S2)
11.05 **Family Guy** 14/16. Brian is devastated to learn his former girlfriend is getting married. **11.35** 3/16. A time machine transports Mort Goldman. (S7)
12.05 AM **American Dad!** (S3)
1.05 **Bob's Burgers** 7&8/22. (S7)
2.00 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Any Old Iron.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Endeavour** *Overture:* Prequel to *Inspector Morse* set in 1965 starring Shaun Evans.
6.00 **Heartbeat** *The Happiest Day:* Oscar is put in an awkward position when the police investigate a robbery, and David develops a new hobby.

3.40 Endeavour

7.00 **Heartbeat** *Hunter's Moon:* Merton investigates a death with the help of CID, while Vernon employs a new mechanic.

8.00 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

10.00 **Foyle's War** *The White Feather:* As World War Two continues to rage, Foyle investigates a pro-Hitler organisation he suspects may be linked to a mysterious death at the White Feather Hotel.
12.00 M'T **Trial & Retribution** 3/6. When a girl falls to her death from a Ferris wheel, it is thought to be an accident. (S12)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught** How a smuggling network was taken down with a fleet of taxis.
8.00 **This Farming Life** New edition 10/12. On Papay, Paul and Mel juggle farm work with wedding preparations.
9.00 **Jailed: Women in Prison** New edition 3/4. Two women face rebuilding their lives after serving time inside. **9.30** Series finale 4/4. Jade and Kelly face an addiction recovery journey while in custody.
10.00 **Limbs in the Loch: Catching a Killer** 3/6. Detectives discover that William Beggs had killed before.
11.00 **Scotcast** New edition
11.30 **Best of Chewin' the Fat**
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S2)
9.15 **The Conners** (S2)
10.15 **Veep** 3&4/10. (S2)
11.25 **Ballers** 8&9/10. (S2)
12.35 PM **Curb Your Enthusiasm** (S5)
1.55 **Veep** 3&4/10. (S2)
3.05 **Ballers** 8&9/10. (S2)
4.20 **Crashing** 4&5/8. (S2)
5.35 **The Office (US)** (S1)
6.35 **The Conners** (S2)
7.35 **Curb Your Enthusiasm** 7/10. Larry invites a sex offender to a Passover meal. Guest stars Stephen Tobolowsky. **8.15** 8/10. Larry makes a new friend. (S5)
9.00 **And Just Like That...**
10.40 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.40 **Divorce** 9&10/10. (S1)
12.50 AM **Barry** 5&6/8. (S1)
2.00 **The Righteous Gemstones** New episode 3/9. (S4)
2.50 **Crashing** 4&5/8. (S2)
4.00 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **HMS Pinafore**
7.55 **Watercolour Challenge**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Classic Movies: The Story of The Third Man**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Landscape Artist...**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Mary Cassatt: Painting the Modern Woman**
9.15 **Miyazaki: Spirit of Nature** Documentary.
10.50 **The Warhol Effect**
12.50 AM **Art's Wildest Movement: Mannerism**
2.05 **Urban Myths**
3.05 **Marina Abramovic Takes Over TV**
4.05 **Inside Art**
4.30 **Arts Uncovered**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Caught on Dashcam**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare**
4.00 **Primeval** 4/6. (S1)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** *Counterpoint:* 10/26. Janeway transports illegal refugees. (S5)
8.00 **Hawaii Five-0** (S9)
9.00 **FBI: Most Wanted** (S3)
10.00 **FBI: International** (S2)
11.00 **Britain's Most Evil Killers** The story of serial killer Mark Martin.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg...**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **The Matchmaker** New edition
10.55 **Botched** Medical series.
11.50 **The Only Way Is Essex**
12.50 **to 1.15** AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 1/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 6/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 21–24/25. (S4)
9.00 **Randall and Hopkirk (Deceased)** *Somebody Just Walked Over My Grave:* 17/26. Jeff stumbles across a kidnap plot. (S1)
10.00 **The Avengers** *My Wildest Dream:* 28/33. A member of the Acme Precision Combine is stabbed. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots** New edition Two of the fastest machines in the show's history do battle.
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.40 **Minder**
4.50 **The Sweeney**
6.00 **The Chase** Quiz show.

9.00 Killer Elite

7.00 **The Grand Fishing Adventure** The second leg of the UK tour sees Ali and Bobby attempt to catch a monster shark.

8.00 **World Rally Championship Highlights** The Safari Rally Kenya, the third round of the campaign in Nairobi.

9.00 FILM **Killer Elite** Action thriller starring Jason Statham and Clive Owen. An ex-British mercenary is pitted against an elite team of assassins while trying to save his kidnapped partner. With Robert De Niro. (2011, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Wrestling: AEW Collision** Featuring FTR, Thunder Rosa, Jon Moxley, Jay White, Bryan Danielson and Miro.
1.15 AM **River Monsters** Tracking down a deadly fish in Africa.
1.40 **BattleBots**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 22/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 11/26. (S7)
2.00 **Warehouse 13** 18/20. (S4)
3.00 **Stargate SG-1** 10/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 22/26. Troi's mother falls in love. Guest stars Majel Barrett. (S4)

9.00 Grimm

7.00 **Warehouse 13** *Lost & Found:* 18/20. Claudia and Steve receive an intruder alert, leading them to a shocking revelation. (S4)

8.00 **Stargate SG-1** *The Quest – Part One:* 10/20. The team face a series of trials as they get closer to finding the Sangraal. (S10)

9.00 **Grimm** *Revelation:* 13/22. Part two of two. The killer strikes again – and is not working alone. (S3)

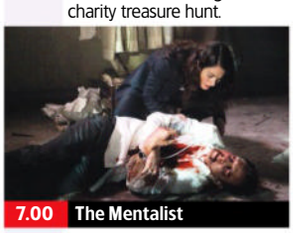
10.00 **The Walking Dead** *Consumed:* 6/16. Daryl and Carol head off in search of Beth and her kidnappers. (S5)

11.00 **Wynonna Earp** 3/13. Wynonna helps Agent Dolls trail three wayward revenants, and Shorty and Champ are taken hostage. **12.00** M'T 4/13. A blade-wielding apparition begins haunting Wynonna. (S1)
1.00 AM **The Ark** 3&4/12. (S1)
3.00 **Train** 12/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 10/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 10/20. The maid-of-honour ends up dead after a bachelorette party. (S5)
6.00 **Father Brown** *The Face of Death:* The priest investigates a murder at the village charity treasure hunt.


7.00 The Mentalist

7.00 **The Mentalist** *The Desert Rose:* 1/22. Jane and Lisbon investigate the discovery of a skeleton. (S6)

8.00 **White Collar** *Return to Sender:* 2/6. Neal tries to secure the Pink Panthers' trust by aligning himself with an old enemy. (S6)

9.00 **Death in Paradise** *A Stormy Occurence:* 7/8. A meteorologist is found dead – just as a storm is brewing. (S2)

10.00 **Father Brown** *The Viper's Tongue:* Mrs McCarthy's life is threatened by a mysterious avenging angel.

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 22/24. Holmes accepts a case from a man claiming to be Moriarty. With Natalie Dormer. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
9.00 **On the Up**
9.40 **Hi-de-Hi!**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Hi-de-Hi!**

9.00 Neil & Martin's Bon Voyage

7.00 **Only Fools and Horses** Del meets an old flame from 20 years previously.
7.40 **Dad's Army** The bumbling platoon chase a runaway barrage balloon. **8.20** Captain Mainwaring decides to organise a dance in an attempt to boost platoon morale.

9.00 NEW SERIES **Neil & Martin's Bon Voyage** 1/3. A road trip in France. *See feature, page 20.* ■ Entire series on U

10.00 **Men Behaving Badly** Gary invents a promiscuous past to hide his sexual inexperience. **10.35** The housemates have a sleepless night.

11.15 **The Fast Show** The Posh Cockneys ask for directions.
11.55 **Live at the Apollo**
12.55 AM **The Cleaner** Double bill.
2.10 **The Fast Show** As 11.15pm.
2.45 **to 4.00** AM **Live at the Apollo**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers focus on British sheep.
6.00 **Rick Stein's Mediterranean Escapes** The chef samples couscous, tagines and mint tea in the bazaars of Morocco.

9.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With guests Dion Dublin, Debbie McGee, Lucy Porter and Bob Mortimer.
7.40 **Richard Osman's House of Games** With Ade and Beattie Edmondson. **8.20** With Felicity Ward, Ugo Monye, Joe Pasquale and Jennie McAlpine.

9.00 **Have I Got a Bit More News for You** Naga Munchetty hosts the quiz, with guests Hugh Dennis and Ruth Davidson.

10.00 **QI XL** Guests Richard Osman, Lolly Adefope and Lee Mack join regular panellist Alan Davies and host Sandi Toksvig.

11.00 **Taskmaster** In the semi-final, Nish Kumar is presented with a coconut harness.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Have I Got a Bit More News for You** As shown at 9.00pm.
2.50 **to 4.00** AM **QI XL**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** From Wales.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location Revisited**
7.00 **Grand Designs**
8.00 **Kirstie and Phil's Love It or List It** In Caterham.
9.00 **Gogglebox**
10.00 **Tempting Fortune** Each fortune-seeker is secretly offered a much-loved item from home. **11.05** The campmates are tempted with coffee.
12.05 AM **Celebrity Gogglebox**
1.05 **999: On the Front Line**
2.10 **24 Hours in A&E**
3.10 **Super Surgeons: A Chance at Life**
4.10 **to 4.40** AM **Travel Man: 48 Hours in Dublin**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Enemy Combatant:* 8/24. Ellie questions her past at the NSA while working on the case of a murdered Navy chaplain. **7.00** *Pay to Play:* 9/24. The team attempt to find the source of a series of threats. **8.00** *The Tie That Binds:* 10/24. The murder of a US Navy captain is linked to Ducky's mother. (S14)
9.00 **Law & Order** New episode *Inconvenient Truth:* 10/13. Shaw and Riley investigate the stabbing of a chef. (S23)
10.00 **Law & Order: Special Victims Unit** (S17)
1.50 AM **Quantum Leap** (S1)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Killer at the Crime Scene** New edition The death of Connor Lyons.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Documentary.
12.00 M'T **Accused: Guilty or Innocent?** True-crime.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM FILM **The Great Missouri Raid** Western. (1950, PG, 84min) ★★
2.15 FILM **Kansas Raiders** Civil War Western starring Audie Murphy. (1950, PG, 80min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** A driver refuses to stop for PC Brian Camsell and ditches his car.
10.00 **Scam City** Cautionary tales from Prague.
11.00 **Fights, Camera, Action!**
12.00 M'T **Air Crash: Disaster Revealed** Documentary.
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition The five remaining contestants make the same dish they made in the first challenge.
8.00 **Brit Cops Down Under** New edition From first days on the beat to stressful house-hunting, the reality of life in Perth hits the rookie cops.
9.00 **Border Force: America's Gatekeepers**
10.00 **First Responders**
11.00 **In Defense Of**
12.00 M'T **Hashtag Murder**
1.00 AM **Red Flag**
2.00 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *A Clubbable Woman:* A rugby player's wife is found murdered.
10.00 **New Tricks** *Things Can Only Get Better:* The team reopen the case of a political aide's murder.
11.20 **Bergerac**
12.30 AM **Taggart**
2.20 **Birds of a Feather**
2.55 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In Hampshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** A woman looks for the father she never knew. **10.00** A divorced couple search for the child they gave up as teenagers.
11.00 **Long Lost Family Australia** A cancer sufferer searches for his daughter.
12.00 M'T **Celebrity Help! My House Is Haunted**
1.00 AM **Help! My House Is Haunted** A distraught spirit is causing havoc.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Items include vintage diamond cutters.
7.00 **Tenable** Warwick Davis hosts as a team called Off Their Trolleys take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link** Quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Avengers**
9.00 FILM **Wild Wind** World War Two adventure. (1985, PG, 100min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Gunfighters** Western with Randolph Scott and Bruce Cabot. (1947, PG, 87min) ★★
3.00 FILM **Decision at Sundown** Western. (1957, PG, 77min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 FILM **I Am Wrath** Thriller starring John Travolta. (2016, 15, 90min) ★★
11.00 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
1.00 AM FILM **Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
11.00 **Emergency Rescue: Air, Land & Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **Dangerous Bestie** Suspense thriller. (2018, PG, 89min) ★★
3.10 FILM **Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
5.05 FILM **An Aurora Teagarden Mystery: Dead Over Heels** Drama. (2016, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Knight and Day** Comedy thriller. (2010, 12, 105min) ★★★
11.25 FILM **The Trust** Comedy thriller. (2016, 15) ★★★
1.25 AM FILM **Stratton** Thriller. (2017, 15) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Text to Kill** (2015, 12) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM FILM **Calling for Love** (2020, PG) ★★
10.00 FILM **Listen Out for Love** (2022, PG) ★★
12.00 NOON FILM **The Soulmate Search** Drama. (2024, PG, 89min) ★★
2.00 PM FILM **Pumpkin Pie Wars** Romantic comedy. (2016, PG, 79min) ★★
4.05 FILM **A Dash of Love** Romantic drama. (2017, PG, 83min) ★★
6.00 FILM **You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
8.00 FILM PREMIERE **Team Bride** Romantic drama. (2023, U, 91min) ★★
9.55 FILM **Love in Translation** Drama. (2021, U, 88min) ★★
11.55 FILM **Rome in Love** Drama. (2019, PG) ★★
1.50 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **The Seven Year Hitch** Comedy. (2012, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 6/6. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** 21/36. (S1)
12.00 NOON **Shine on Harvey Moon** 5/6. (S2)
1.00 PM **Fantasy Island** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 5/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 6/6. (S3)
6.00 **Bewitched** 21/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 8/20. (S1)
10.00 **Soap** 2/25. (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Thriller** 6/10. (S1)
12.55 AM **Space 1999** (S1)
1.55 **Monkey** 6/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch: Dungeon Cove**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The fleet push on despite heavy Arctic storms. **8.00** The gruelling work begins to take its toll. **9.00** Sig crosses a line when he repositions a rookie captain's pots. **10.00** Winter erupts as Johnathan hunts for crab in a secret location to which he has won exclusive rights.
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Mary Berry's Foolproof Cooking** A selection of comforting dishes.
9.00 **Michel Roux's French Country Cooking** Michel visits a vineyard to find an ingredient for his monkfish dish.
10.00 **Nadiya's Fast Flavours**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 26/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 23/23. (S4)
11.00 FILM **Post Impact** Sci-fi action adventure. (2003, 15, 91min) ★★
1.00 PM FILM **The Shepherd of the Hills** Western. (1941, PG, 98min) ★★
3.00 FILM **The Man Who Haunted Himself** Chiller. (1970, PG) ★★★★
5.00 **Star Trek** 20/26. (S2)
6.00 **T.J. Hooker** 1/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **The Sentinel** Political thriller. (2006, 12, 108min) ★★★
11.10 FILM **The Hitman's Apprentice** Thriller. (2012, 15, 82min) ★★
12.55 AM FILM **2:22** Thriller. (2008, 18, 104min) ★★
3.00 **to 5.00** AM FILM **The House That Dripped Blood** Horror chiller. (1970, 12, 101min) ★★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Land That Time Forgot**
8.00 FILM **Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
10.00 **Farscape** 6/22. (S3)
11.00 FILM **Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
1.00 PM **Killer Wave**
3.00 **Farscape** 6/22. (S3)
4.00 **Star Trek** 2/24. (S3)
5.00 FILM **The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
7.00 **Farscape** 7/22. (S3)
8.00 **Star Trek** 3/24. (S3)
9.00 FILM **Narrow Margin** Suspense thriller starring Gene Hackman and Anne Archer. (1990, 15, 97min) ★★★
10.55 FILM **The Outsider** Thriller with Jason Patric and Craig Fairbrass. (2014, 15, 94min) ★★
1.00 **to 3.00** AM FILM **Narrow Margin** (1990)

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real Deal** From Gainsborough.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
11.00 **Court Cam** Double bill.
12.00 M'T **Encounter: UFO**
1.00 AM **UFOs: Lost Evidence**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
9.55 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben travels to a Norwegian island to meet his host Elena. **8.00** Ben travels to Southeast Asia to help out at a dog sanctuary.
9.00 **Battle of the Atlantic** Exploring the threat from German U-boats.
10.00 **WWII Battles in Colour**
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Cotswolds with Pam Ayres**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Windy City Rehab** New edition Helping a woman who has invested her parents' life savings into a home renovation.
10.00 **Bargain Block New Orleans** New edition Keith Bynum and Evan Thomas aim to finish the renter's half of a dilapidated duplex.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Dr Pimple Popper**
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S4)
1.00 PM **Friends** (S3&4)
9.00 FILM **There's Something About Mary** Black comedy starring Cameron Diaz, Ben Stiller and Matt Dillon. (1998, 15, 119min) ★★★★
11.20 **Utopia** 3/8. The staff members get caught up in Healthy Heart Week. **11.55** 4/8. Nat deals with a Freedom of Information request. (S2)
12.30 AM **Reno 911!** (S1)
1.30 **Whose Line Is It Anyway? USA**
2.30 **South Park** 2/15. (S7)
2.55 **Beavis and Butt-Head**
3.15 **Teachers** (S3)
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 5&6/24. (S4)
11.00 **Friends** (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 5&6/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 19/24. Jess realises that Cece has been keeping a secret. **9.30** 20/24. Jess returns to the flat after an idyllic week with Russell. (S1)
10.00 **Friends** 15-20/25. (S3)
1.00 AM **The Ren & Stimpy Show** Double bill.
2.00 **Key & Peele** Double bill.
3.00 **Ugly Americans**
3.45 **Becker** 5&6/24. (S4)
4.30 **New Girl** (S1)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 7&8/12. (S2)
9.00 **Border Security: Canada's Front Line**
11.00 **The Russell Howard Hour** Topical comedy.
12.00 M'T **Road Wars** Officers help a suspected heart attack victim.
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Series highlights.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 1/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Scammed**
3.00 **Catfish: The TV Show**
6.00 **Catfish: Repeat Offenders**
7.00 **Teen Mom UK**
8.00 **Help! I'm in a Secret Relationship!**
9.00 **MTV Cribs: Ultimate Party Pads**
10.00 **Aussie Shore** New edition Eleven fun-loving housemates enter a house in Cairns.
11.00 NEW SERIES **Dating Naked UK** Dating show hosted by Rylan Clark.
12.00 M'T **Ridiculousness** New edition With Rob Drydek, Steelo Brim and Carly Aquilino.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **Gold Rush: White Water**
5.00 **Deadliest Catch** Captain Keith eagerly repositions his pots when Johnathan makes an offer he simply can't refuse.
6.00 **Wheeler Dealers** Mike and Ant take a chance on a 2006 Porsche Cayenne Turbo S.

10.00 Harpoon Hunters

7.00 **Salvage Hunters** Drew Pritchard visits a 1920s-themed hotel, and uncovers tiny treasures at an antiques wholesaler.
8.00 **Hoffman Family Gold** When their biggest plant is frozen shut, Todd's team must save the remaining wash plants.
9.00 **Gold Rush** New edition Foreman Mitch Blaschke steps in as mine boss for the day and encounters broken water pumps.
10.00 **Harpoon Hunters** New edition As Joe and Tyler fight for the top spot, dark horse Niko attempts to steal it.
11.00 **Mystery at Blind Frog Ranch** The team uncover a vent shaft above the Energy Zone.
12.00 M'T **Mountain Monsters**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Harpoon Hunters**
3.00 **Texas Metal** A 1964 Lincoln.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **How Do Animals Do That?** Double bill of editions.
2.00 **My Tiny Terror**
4.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens Herchman and Stapleton join forces to find a man who faked his own death.
6.00 **Tanked** The Mob Museum makes ATM an exciting offer.

8.00 The Zoo

7.00 **Pit Bulls & Parolees** Tania and Lizzy help a family who are ready to adopt their first dog.
8.00 **The Zoo** Howie the rescued wallaby is ready to be relocated to Arizona, while Jaffa the penguin undergoes eye surgery.
9.00 **The Zoo** Clyde and Tacoma the sea lions swap places, while beloved red river hog Vanessa requires eye surgery.
10.00 **Edge of Alaska** Jeremy battles against rising river levels to secure timber for the lumber project, and Neil takes a gamble.
11.00 **Fish or Die** The anglers look for a fish close to extinction. **12.00** M'T In Mexico, the crew navigate crocodile and mosquito-infested waterways.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Erased: WWII Heroes of Colour** Documentary.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** A 1978 Rover P6.
6.00 **Lost Treasures of Egypt** Archaeologists uncover a secret sanctuary of pharaoh Ramses the Great.

9.00 Churchill's German Army

7.00 **Air Crash Investigation** Investigators struggle to explain why PenAir 3296 failed to stop after landing at a tricky Alaskan airport.
8.00 **The Battle for Britain: Drain the Oceans** How British forces were able to repel the possibility of a Nazi invasion.
9.00 **Churchill's German Army** The stories of Germans who fought for the Allies during World War Two.
10.00 **World War II: Secrets from Above** Fierce fighting breaks out in the streets of Soviet Stalingrad in 1942.
11.00 **Air Crash Investigation**
1.00 AM **Destruction Decoded**
2.00 **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **Secrets of the Zoo: Keeper Tales** A duck has a leg injury.
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Secrets of Great British Castles** The Tower of London.
5.00 **Pawn Stars** Rick gets his hands on a pretty stellar coin.
6.00 **American Pickers**

9.00 Egypt's Cosmic Code

7.00 **Forged in Fire** A slip-up reminds the contestants not to play with sharp objects as they make knives from old toys.
8.00 **Digging for Britain** Alice Roberts heads to a farmer's field in Rutland to examine evidence of a Roman barn conversion.
9.00 **Bradley Walsh: Egypt's Cosmic Code** New edition 2/3. The host considers the riddle of the Sphinx. ■ Entire series on Box Sets
10.00 **Truthseekers** New edition The Ten Plagues of Egypt, which saw water turning to blood.
11.10 **The Proof Is Out There** New edition Experts examine footage of a woolly mammoth crossing a river in Siberia.
12.10 AM **Paranormal Survivor**
1.10 **Rust Valley Restorers**
2.10 **Ancient Aliens**
3.05 **Tales from Oak Island**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **Nazi Murder Mysteries**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **The Lakes with Simon Reeve** As shown at 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **Nazi Murder Mysteries** The theories, conspiracies and facts relating to Rudolf Hess's flight to Scotland in 1941.
6.00 **Antiques Roadshow**

7.00 Our Guy in India

7.00 **Our Guy in India** Guy Martin takes a 1,000-mile journey across India to compete in a motorcycle race.
8.00 **Bangers & Cash: Restoring Classics** Derek picks out a solid-looking 1969 MGB for the team to look out for at auction.
9.00 **Bangers & Cash** Derek heads to Bradford to pick up a 1920s Cyclecar replica and an 1930 MGM race car.
10.00 **Bangers & Cash** A Batman-inspired Chrysler Crossfire is dropped off at the Thornton le Dale garage.
11.00 **Find It, Fix It, Flog It** Henry Cole tries to restore a monkey bike, while Simon O'Brien fixes an old racing bicycle.
12.00 M'T **The Lakes with Simon Reeve** The adventurer explores the Lake District.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz snap up a vintage Oldsmobile hot rod.
9.00 **Vinnie Jones in the Country** New edition Vinnie's toilet build is behind schedule, and Wobbly takes time off to deal with a family tragedy.
10.00 **Meet the Rees-Moggs** New edition Jacob heads to the Edinburgh Fringe and hints at a return to politics.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** True-crime.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Documentary.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition A car crash leads to a search for a missing baby.
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** Focusing on the murder of Brian Bishop.
8.00 **48 Hours** New edition In 2018, intruders entered the home of jewellers Ted and Corey Shaughnessy.
9.00 **Fatal Attraction** New edition How university student Corey Robinson ended up dead in a hotel room.
10.00 **Britain's Countryside Killers** New edition The village of Bosham was rocked by the murder of Valerie Graves.
11.00 **Handsome Devils**
12.00 M'T **Murder: First on Scene** True-crime.
1.00 AM **Fatal Attraction**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **48 Hours**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Double bill.
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** Double bill.
4.00 **Medical Detectives** A flurry of arson fires in California in 1984 that had authorities baffled. **4.30** A wife goes missing in Key West. **5.00** A community is rocked by the death of a well-respected nurse. **5.30** A woman is found dead with a gun and suicide notes close by. **6.00** A woman's disappearance is paired with another case under similar circumstances. **6.30** Investigators piece together fragments of a disc to find a murderer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught the Killer** Documentary.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Girl on the Milk Carton** 1&2/2.
12.15 AM **World's Most Evil Killers** Richard Chase.
1.10 **How I Caught the Killer**
2.05 **Snapped** Double bill.
4.00 **Brit Cops: Frontline Crime UK** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** Documentary.
8.35 **American Dynasties: The Kennedys**
9.30 **War Machine: World War II**
10.35 **America the Bountiful**
11.05 **Spy Ops**
12.00 NOON **The Lost Colony of Roanoke**
1.00 PM **America the Bountiful** Documentary.
1.35 **American Dynasties: The Kennedys**
2.35 **The Lost Colony of...**
3.35 **War Machine: World...**
4.45 **Spy Ops**
5.50 **The Lost Colony of...**
6.45 **American Dynasties: The Kennedys**
7.40 **War Machine: World War II** New edition
8.50 **Spy Ops** New edition
9.50 **The Lost Colony of Roanoke** Documentary.
10.55 **War Machine: World...**
12.00 M'T **Spy Ops**
1.00 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: John Hurt**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Spector** As 7.00pm.
11.00 **The Man Who Played with Fire**
12.00 NOON **Dettori**
2.10 PM **Lennox: The Untold Story**
4.00 **The Directors**
5.00 **Discovering: John Hurt**
6.00 **The Vietnam War**
7.00 **Spector** 1/4. Documentary about the life and career of music producer Phil Spector.
7.55 NEW SERIES **The Man Who Wanted to Change the World**
9.00 **The Truth vs Alex Jones** The defamation lawsuits brought by Sandy Hook parents against Alex Jones and his website InfoWars.
11.10 **Doom Scroll: Andrew Tate and the Dark Side of the Internet** Documentary.
1.00 AM **Money Electric: The Bitcoin Mystery**
3.00 **Icahn: The Restless Billionaire**
5.00 **to 6.00** AM **Discovering: John Hurt**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **A Cheetah's Pride**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **Planet Shark**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Cub Camp** Cameras follow Yasmine and Yara's kindergarten power struggle.
10.00 **Brazil Untamed** The southern wetlands of the Pantanal.
11.00 **Planet Shark**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Evolution Earth**
2.00 **Whale with Steve Backshall**
3.00 **Cub Camp**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **The Lost City of Ramses II**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **The Lost City of Ramses II**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence** An investigation into the Ark of the Covenant.
8.00 **Ancient Superstructures** A look at Le Louvre in Paris. **9.05** Focusing on the Taj Mahal.
10.10 **History's Greatest Mysteries** Nine hikers found mutilated on a remote mountain slope.
11.10 **The Secret Nazi Expeditions**
12.10 AM **Ancient Aliens**
2.00 **Digging for Britain**
3.00 **Instruments of Death**
4.00 **Ancient Aliens: The Ultimate Evidence** As 7.00pm.
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New edition Documentary.
8.30 **Hometown Tragedy**
9.00 NEW SERIES **Fatal Family Feuds** Crime documentary.
10.00 **Sunshine Slayings**
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Fatal Family Feuds**
2.00 **An Hour to Kill**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case...**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild India**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Something Bit Me**
9.00 **Katavi: Africa's Fallen Paradise** Just when everything is at breaking point, the rains finally return, bringing floods of biblical proportion.
10.00 **Alaska: The Next Generation** The Roach family try to recover from a sudden chimney fire.
11.00 **Ice Road Rescue** Thord and Bjorn open a new garage on the Hardangervidda mountain.
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Nazi UFO Conspiracy**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** Chuck Zukowski searches for definitive proof of extraterrestrial life.
8.00 **Nazi UFO Conspiracy** Investigating possible connections between UFO sightings and alleged secret flying saucer technologies developed by the Nazis.
9.00 **Salvage Hunters: Classic Cars** Drew and Paul buy a rare pick-up version of a Mini.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** *Attitudes:* After Young beats them at cards, Loxton and friends plan to make life on the beat one long run-around for him. **5.30** *Robbo:* A former special constable helps Tosh and Jim. **6.00** *Ground Rules:* Quinnan goes undercover for Burnside. **6.30** *Once a Copper:* Burnside visits a crooked ex-cop in prison.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *The Garotte and the Vinklebraun:* 1/6. Mike and his team are thrust into a world of antiques when a TV crew from the hit series *All Things Old and Beautiful* arrives in town and one of the hosts is murdered. (S7)
11.00 **The Bill** Four episodes.
1.10 **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.45 **Inside the Ambulance**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Mother, May I Murder?**
9.00 **Caught in the Net**
11.00 **American Monster**
1.00 PM **Disappeared**
3.00 **Reasonable Doubt**
5.00 **American Detective with Lt Joe Kenda** Double bill.
7.00 **Faking It: Tears of a Crime** Focusing on the crimes of Dr Harold Shipman. **8.00** Eight-year-old Jamie Lavis was on the bus Darren Vickers was driving before he disappeared. Vickers joined the hunt and spoke on TV – but was hiding an awful truth.
9.00 **Signs of a Psychopath** At the site of a car crash, police discover a woman's body. **9.30** A college student disappears without a trace.
10.00 **Evil Lives Here**
11.00 **Love Kills**
12.00 M'T **Deadliest Mums & Dads**
2.00 AM **American Detective with Lt Joe Kenda** Double bill.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** A shed filled with American muscle cars.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** A bizarre military vehicle enters the workshop.
9.00 **Iron Resurrection** A customer has his eyes on Joe's 1967 Nova.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.30 AM **Noah's Ark** Animated adventure. (2024, U, 96min)
9.10 **The Cinema List: Women Oscar Winners**
9.30 **AfrAid** As 1.50am.
11.10 **It Ends with Us** As 8.00pm.
1.30 PM **The Good Half** Drama. (2023, 15, 96min) ★★★
3.10 **The Wasp** Psychological thriller. (2024, 15, 96min) ★★★★
4.50 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★

8.00 It Ends with Us

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Blood for Dust** Thriller. (2023, 15, 98min) ★★★
1.50 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
3.50 **The Good Half** As 1.30pm.
5.30 **to 7.20** AM **Fight or Flight**

Sky Cinema Hits

303 403 503 517

6.00 AM **Please Don't Destroy...**
7.45 **Jules** Comedy drama. (2023, 12, 87min) ★★★
9.30 **Blue Beetle** Fantasy. (2023, 12, 127min) ★★★★
11.40 **Insidious: The Red Door** Horror sequel. (2023, 15) ★★
1.40 PM **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
3.30 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★★
6.00 **The Meg** Action thriller. (2018, 12, 113min) ★★★

10.00 Five Nights at Freddy's

8.00 **Meg 2: The Trench** Action thriller sequel starring Jason Statham. When a mining operation unleashes a school of megalodon sharks, rescue expert Jonas Taylor attempts to save the day. With Cliff Curtis. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Color Purple** Musical. (2023, 12, 141min) ★★★
2.25 AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★
4.10 **to 6.00** AM **A Sacrifice** Drama. (2024, 15, 94min) ★★★

Sky Cinema Drama

310 410 510 524

7.00 AM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
9.00 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
11.10 **Steve Jobs** As 12.45am.
1.25 PM **Jarhead** Military drama. (2005, 15, 123min) ★★★★
3.40 **Dance First** Biopic with Gabriel Byrne. (2023, 12, 100min) ★★★
5.40 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
8.00 **Straight Outta Compton** Biopic of hip-hop group NWA, telling the story of how they redefined the genre with hard-hitting songs about urban life. Stars O'Shea Jackson Jr. (2015, 15, 147min) ★★★
10.40 **Lee** Biopic of World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet, Alexander Skarsgård and Andy Samberg. (2023, 15, 117min) ★★★
12.45 AM **Steve Jobs** Biopic. (2015, 15, 119min) ★★★★
3.00 **What Dreams May Come** Romantic fantasy drama. (1998, 15, 106min) ★★★
5.05 **to 7.10** AM **The Young Messiah** Biblical drama starring Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.10 AM **Night Swim** As 1.35am.
8.55 **I.S.S** As shown at 3.25am.
10.35 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
12.30 PM **A Quiet Place: Day One** Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
2.20 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
4.35 **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★
6.25 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
8.00 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. A priest and a nun discover a religious order's terrible secret. (2018, 15, 96min) ★★★
9.45 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
11.45 **Upgrade** Sci-fi action thriller. (2018, 15, 100min) ★★★★
1.35 AM **Night Swim** Horror thriller. (2024, 15, 98min) ★
3.25 **I.S.S** Sci-fi drama with Ariana DeBose and Chris Messina. (2023, 15, 95min) ★★★
5.10 **to 6.50** AM **Tarot** As 6.25pm.

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.25 AM **Twist** Crime comedy. (2021, 12, 90min) ★★★★
9.05 **Ride On** (2023, PG) ★★★
11.15 **Journey to the Center of the Earth** (2008, PG) ★★
12.55 PM **Journey 2: The Mysterious Island** (2012, PG) ★★★
2.35 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
4.00 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
6.00 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★

9.10 The Hobbit

7.30 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure. (2013, 12, 161min) ★★★★
2.40 AM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
5.15 **Sky Cinema Preview**
5.50 **to 8.00** AM **Patch Adams** Fact-based comedy drama. (1998, 12, 115min) ★★

Sky Cinema Action

307 407 507 521

8.10 AM **The Italian Job** (2003)
10.05 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★
11.55 **Bad Boys for Life** Action comedy sequel with Will Smith. (2020, 15, 124min) ★★★
2.00 PM **Hulk** As 10.15pm.
4.20 **The Italian Job** Thriller inspired by the 1960s crime caper. (2003, 12, 110min) ★★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★

6.20 Hancock

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Hulk** Sci-fi fantasy adventure starring Eric Bana. A scientist survives exposure to deadly gamma rays, but when he becomes angry he is transformed into a huge, rampaging creature. (2003, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Pompeii** Disaster movie. (2014, 12, 104min) ★★
2.35 **Shrapnel** Action thriller. (2023, 15, 89min) ★★
4.15 **Bullet to the Head** Thriller. (2012, 15, 89min) ★★★
5.55 **to 7.35** AM **King of Killers** Thriller. (2023, 15, 92min) ★

Sky Cinema Comedy

308 408 508 522

6.55 AM **Linoleum** As 1.30am.
8.45 **The Five-Year Engagement** Comedy. (2012, 15) ★★★
10.55 **Game Night** Black comedy. (2018, 15, 100min) ★★★★
12.40 PM **The Boat That Rocked**
3.00 **Strays** Canine comedy. (2023, 15, 93min) ★★★★
4.40 **Sausage Party** Animation. (2016, 15, 89min) ★★★
6.15 **Mr Deeds** Comedy with Adam Sandler and Winona Ryder. (2002, 12, 96min) ★★★

4.40 Sausage Party

8.00 **Along Came Polly** Romantic comedy with Ben Stiller and Jennifer Aniston. A risk assessor begins dating a free-spirited young woman. (2003, 12, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **The Boat That Rocked** Richard Curtis's comedy inspired by 1960s pirate radio, starring Bill Nighy, Philip Seymour Hoffman and Rhys Ifans. A teenager learns life lessons from the motley crew of DJs on board a pirate radio station in the North Sea. (2009, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★
1.30 AM **Linoleum** Comedy drama. (2022, 12, 101min) ★★★
3.15 **Snack Shack** Comedy. (2023, 15, 107min) ★★★
5.10 **to 6.50** AM **I Love My Dad** Comedy with Patton Oswalt. (2022, 15, 96min) ★★★

Sky Cinema Gangsters

309 409 509 523

7.05 AM **The Cinema List: Sky Original Thrillers**
7.25 **We Own the Night** Thriller. (2007, 15, 117min) ★★★
9.25 **Seven Psychopaths** (2012)
11.25 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
1.25 PM **Public Enemies** Biopic. (2009, 15, 140min) ★★★★
3.50 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
5.50 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★

10.05 The Godfather

8.00 **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. With Riccardo Scamarcio. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

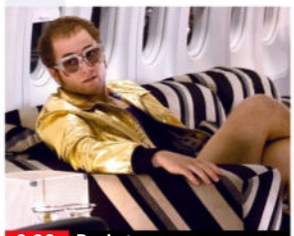
10.05 **The Godfather** Director Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino and James Caan. (1971, 15, 167min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
4.20 **to 6.10** AM **Seven Psychopaths** Comedy thriller. (2012, 15, 106min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
12.40 PM **Anne of the Indies** Swashbuckling adventure. (1951, U, 81min) ★★★
2.20 **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
4.10 **The Bravados** Western. (1958, PG, 98min) ★★★
6.10 **Clear and Present Danger** Action thriller with Harrison Ford. (1994, 12, 141min) ★★★


9.00 Rocketman

Clear and Present Danger (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Rocketman** Biopic starring Taron Egerton. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. With Jamie Bell, Richard Madden and Bryce Dallas Howard. (2019, 15, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Flight** Melodrama starring Denzel Washington and Kelly Reilly. A drug and drink-addicted airline captain has to face up to his problems after a crash. With Don Cheadle. (2012, 15, 138min) ★★★★
2.10 **to 4.00** AM **London Has Fallen** Action thriller sequel starring Gerard Butler. (2016, 15, 99min) ★★★

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

6.15 AM **The Hanging Sun** Drama. (2022, 15, 93min) ★★
7.55 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
9.35 **Eileen** As shown at 4.35am.
11.15 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
1.40 PM **Crouching Tiger, Hidden Dragon** Ang Lee's adventure. (2000, 12, 120min) ★★★★★
3.40 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
6.00 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer and Elisabeth Shue. (1997, 12, 116min) ★★★
8.00 **It** Adaptation of the Stephen King chiller with Bill Skarsgård, Jaeden Lieberher and Sophia Lillis. (2017, 15, 135min) ★★★★
10.20 **The Day of the Jackal** Thriller based on the novel by Frederick Forsyth, starring Edward Fox. (1973, 15, 142min) ★★★★★
12.50 AM **Hellraiser** Horror fantasy. (1987, 18, 92min) ★★★
2.30 **Fear and Loathing in Las Vegas** Terry Gilliam's adaptation of Hunter S Thompson's cult book. (1998, 18, 119min) ★★★★
4.35 **to 6.20** AM **Eileen** Thriller. (2023, 15, 97min) ★★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Jackie Chan's Armour of God** As shown at 3.35am.
7.50 **Stargate** As 11.40pm.
9.55 **The War of the Worlds** Sci-fi thriller starring Gene Barry. (1953, PG, 85min) ★★★★
11.35 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
2.00 PM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★
3.50 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
6.05 **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel. (1982, 12, 113min) ★★★★
8.00 **Blade Runner** Ridley Scott's futuristic thriller with Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★
10.00 **Darkman** Comic-book thriller starring Liam Neeson. (1990, 18, 95min) ★★★
11.40 **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
1.50 AM **Repo Man** Cult sci-fi thriller. (1984, 18, 92min) ★★★★
3.35 **Jackie Chan's Armour of God** Thriller. (1986, 15, 95min) ★★★
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.20 AM **Rock Dog 2: Rock...**
7.55 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
9.35 **The Angry Birds Movie** Animation. (2016, U) ★★★
11.20 **The Adventures of Tom Thumb and Thumbelina** (2002, U) ★★
12.40 PM **The Angry Birds Movie 2** Animated sequel. (2019, U) ★★★
2.20 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
4.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
5.55 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.35 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
9.30 **Rock Dog 2: Rock Around the Park** Animation. (2021, U) ★★
11.10 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
12.40 AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
2.05 **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U) ★★★
3.05 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.35 **to 6.10** AM **Under the Boardwalk** Animated comedy. (2023, PG, 83min) ★★★

Movies 24

312 419

7.00 AM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★
9.00 **Married By Mistake** Romantic comedy. (2023, PG, 88min) ★★
11.00 **A Harvest Homecoming** Romance with Jessica Lowndes. (2023, PG, 85min) ★★
1.00 PM **Just in Time** Drama. (2024, PG, 90min) ★★
3.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
5.00 **Styled with Love** Romantic comedy starring Rachel Bles. (2022, PG, 89min) ★★
7.00 **Girlfriendship** Romantic comedy starring Tamera Mowry-Housley and Krystal Joy Brown. (2022, PG, 84min) ★★
9.00 **The Love Hunt** Romantic comedy drama starring Scout Taylor-Compton. A real-estate executive discovers her inheritance from her father depends on finding lost treasure. (2023, PG, 89min) ★★
11.00 **Pumpkin Everything** Comedy drama. (2022, PG, 84min) ★★
1.00 AM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **His and Hers** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Boy Who Caught a Crook** Drama. (1961, b/w, U) ★★★
7.30 **Undercover Girl** Thriller. (1957, b/w, PG, 68min) ★★
8.50 **Tight Spot** Crime thriller. (1955, b/w, PG, 97min) ★★★
10.45 **Private Information** Drama. (1952, b/w, U, 66min) ★★★
12.05 PM **You'll Never Get Rich** Wartime musical comedy. (1941, b/w, U, 88min) ★★★
1.50 **The Return of October** Comedy. (1948, U, 98min) ★★★
3.35 **The Weaker Sex** Drama. (1948, b/w, U, 84min) ★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 1/60. (S2)
7.35 **Dial 999** 1/39. (S1)
8.05 **Rumpole of the Bailey** (S7)
9.15 **Love for Lydia** 7/13. (S1)
10.20 **Cellar Club with Caroline Munro**
10.25 **Willard** Horror starring Bruce Davison. (1971, U, 95min) ★★★
12.15 AM **Cellar Club with Caroline...**
12.20 **Sisters** Brian De Palma's horror. (1973, 18, 88min) ★★★★
2.10 **Cellar Club with Caroline Munro**
2.15 **The Common Touch** Drama. (1941, b/w, PG, 104min) ★★★
4.20 **Passenger to London** Thriller. (1937, b/w, PG, 57min) ★★★
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

8 PM
9 PM
10 PM
11 PM

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **LIVE Indian Premier League Gujarat Titans v Punjab Kings.** Coverage of the T20 match staged at Narendra Modi Stadium, Ahmedabad.
6.00 **LIVE WTA & ATP Tennis** Coverage of the eighth day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, where the women's singles quarter-finals and men's fourth-round matches are scheduled to take place. Eventual champion Danielle Collins claimed a 6-3, 6-2 victory over Caroline Garcia in the last eight 12 months ago.
11.00 **LIVE WTA & ATP Tennis** Continued coverage of the eighth day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida.
1.00 AM **LIVE TGL** Coverage of the third and final match of the Finals Series staged at Palm Beach Gardens in Florida.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** A replay of Manchester United v Arsenal from 2003.
5.00 **Best PL Goals 17/18**
6.00 **Premier League 100 Club**
6.30 **Premier League 100: David James** The former goalkeeper looks back at his career.
7.00 **Sticker Book** Bruno Fernandes. **7.15** Featuring Ollie Watkins. **7.30** With James Maddison. **7.45** With Trent Alexander-Arnold.
8.00 **Gary Neville's Soccerbox**
9.00 **Chasing the Dream**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at the 2021/22 season.
1.00 AM **PL Retro** Manchester City v Manchester United from 2018.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2013/14 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
12.00 NOON **EFL Highlights**
12.30 PM **EFL Cup Highlights** Liverpool v Newcastle United.
1.30 **SWPL Cup** Hibernian v Rangers.
2.00 **EFL Highlights**
4.30 **WSL** Arsenal v Liverpool.
5.00 **EFL Highlights**
6.00 **WSL** Action from West Ham United v Tottenham Hotspur.
6.30 **SWPL Cup** Highlights from Hibernian v Rangers in the final.
7.00 **EFL Highlights**
8.00 **WSL** Highlights from Aston Villa v Manchester United at Villa Park. **8.30** Action from West Ham United v Tottenham Hotspur.
9.00 **EFL Highlights** Queens Park Rangers v Leeds United. **9.15** Sheffield Wednesday v Sheffield United at Hillsborough.
9.30 **SWPL Cup** Hibernian v Rangers.
10.00 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Manchester City v Liverpool from 2016.
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **to 6.00** AM **EFL Rivalries**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** A chance to see Delhi Capitals v Lucknow Super Giants.
10.10 **Ashes Greats**
10.30 **Best of ICC WT20**
11.00 **IPL** Recent action from India.
1.50 PM **LIVE Indian Premier League Gujarat Titans v Punjab Kings.** Coverage of the T20 match from Narendra Modi Stadium, Ahmedabad. The hosts will be looking for their second IPL title having won their only previous one in 2022, but that was their first appearance at the competition. The Kings have never won a title and haven't reached a final at this tournament since 2014, when they lost by three wickets to Kolkata Knight Riders.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Delhi Capitals v Lucknow Super Giants in Vishakhapatnam. **8.00** Gujarat Titans v Punjab Kings from Ahmedabad. **9.00** Sunrisers Hyderabad v Rajasthan Royals in Hyderabad.
10.00 **IPL** Recent action from India.
5.10 AM **Ashes Greats** Archive action.
5.30 **to 6.00** AM **ICC Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM **The Open Zone**
7.00 **Best of the OpenZone 2024**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **DP World Tour Golf**
9.30 **PGA Tour Golf** Highlights.
10.30 **The Open Zone**
11.00 **Best of the OpenZone 2024**
12.00 NOON **Nick Dougherty's Tee Time Tips** Expert golfing advice.
1.00 PM **TGL** The Finals Series.
3.00 **DP World Tour Golf**
3.30 **PGA Tour Golf** Highlights.
4.30 **The Open Zone** Women's Open.
5.00 **Ladies European Tour Golf**
6.00 **TGL** The Finals Series.
8.00 **Ladies European Tour Golf**
9.00 **TGL** Action from the opening match of the Finals Series.
11.00 **LIVE TGL** Coverage of the second match of the Finals Series at Palm Beach Gardens in Florida.
1.00 AM **LIVE TGL** Coverage of the third and final match of the Finals Series at Palm Beach Gardens.
3.00 **The Open Zone**
3.30 **Best of the OpenZone 2024**
4.30 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** Indian Wells.
7.00 **WTA & ATP Tennis** Miami Open.
3.00 PM **LIVE WTA & ATP Tennis** Coverage of day eight of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, where the women's singles quarter-finals and men's fourth-round matches are scheduled to take place.
11.00 **LIVE WTA & ATP Tennis** Continued coverage of the eighth day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida.
3.00 AM **ATP Sizzle Reel 2024**
3.15 **WTA Sizzle Reel 2024**
3.30 **ATP 2024 Best of Jack Draper**
3.45 **Bitesize Tennis** Highlights.
4.00 **ATP Tennis** Santiago Open final.
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Cycling** Milan San Remo.
9.00 **Fishing: On the Bank**
10.00 **The Rugby Review**
10.45 **Crouchy and Cole**
11.00 **Sign Up – Into Football**
11.45 **TNT Sports Cricket Reload**
12.15 PM **WRC Review**
1.15 **Cycling** Tour of Catalunya.
2.15 **LIVE Cycling** Coverage of the second stage of the Tour of Catalunya, starting in Banyoles and finishing in Figueres.
4.15 **Premier League Legends**
4.45 **Premier League: Big Interview**
5.15 **A-League Women Highlights**
5.45 **LIVE Alpine Skiing** Coverage from run two of the women's giant slalom in Sun Valley, Idaho.
7.00 **Snow League** From Aspen.
8.00 **SailGP Highlights**
9.00 **Cycling** Tour of Catalunya.
10.00 **Alpine Skiing** In Sun Valley.
11.00 **TNT Sports Cricket Reload**
11.30 **T20 Cricket Highlights**
12.30 AM **Women's T20 International Cricket**
1.30 **LIVE Women's International T20 Cricket New Zealand v Australia.** Coverage of the third and final T20 from Sky Stadium.
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 871 522 409 431

6.00 AM **Women's T20 International Cricket**
7.00 **T20 Cricket Highlights**
8.00 **Motocross World Championship**
12.00 NOON **MotoGP Rewind**
12.15 PM **Snowboarding**
1.15 **Biathlon** From Oslo, Norway.
2.15 **Alpine Skiing** In Sun Valley,
3.15 **LIVE Alpine Skiing** Coverage from run one of the women's giant slalom in Sun Valley, Idaho.
4.30 **Freestyle Skiing** From Engadin.
5.00 **Men's Ski Jumping World Cup**
5.30 **UEFA Champions League**
6.00 **What I Wore: Best Of**
6.30 **Premier League Stories**
7.00 **V8 Supercars Highlights**
9.00 **NBA on Fire** The latest news.
9.30 **NBA** Suns v Bucks.
11.00 **NBA Tip-Off** A look ahead.
11.30 **LIVE NBA Miami Heat v Golden State Warriors.** The inter-conference match from Kaseya Centre. Tip-off **11.30pm**.
2.00 AM **LIVE NBA Sacramento Kings v Oklahoma City Thunder.** Coverage of the Western Conference match from Golden 1 Centre. Tip-off **2.00am**.
4.30 **Inside the NBA**
5.30 **to 6.00** AM **NBA on Fire**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Good Morning Football**
2.00 PM **Super League Highlights**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Philadelphia Eagles v Los Angeles Rams in the third Divisional play-off match.
9.00 **NFL Bitesize Highlights**
9.15 **Super League Highlights** St Helens v Huddersfield Giants.
9.30 **Women's Super League** Action from Leeds Rhinos v York Valkyrie in the 2024 semi-finals. **9.45** St Helens v Wigan Warriors in the 2024 semi-finals.
10.00 **NFL Highlights** Detroit Lions v Washington Commanders in the second Divisional play-off match.
11.00 **The Insiders** NFL news.
12.00 M'T **NFL Highlights**
1.00 AM **Top Rank Boxing Archive**
2.30 **Super League Highlights**
3.15 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
4.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show** A detailed look at all the major stories making the football headlines this morning, with discussion and analysis of the big talking points.
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 **LIVE WTA & ATP Tennis** Coverage of the eighth day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, where the women's singles quarter-finals and men's fourth-round matches are scheduled to take place. Eventual champion Danielle Collins claimed a 6-3, 6-2 victory over Caroline Garcia in the last eight 12 months ago.
11.00 **LIVE WTA & ATP Tennis** Continued coverage of day eight of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, where more women's singles quarter-finals and men's fourth-round matches are scheduled to take place.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Top Rank Boxing Archive**
8.00 **The Rugby Championship**
10.00 **Formula 1** Australian Grand Prix.
12.15 PM **The Rugby Championship**
2.15 **Fight Night** Jonas v Price.
3.15 **Top Rank Boxing Archive**
5.15 **The Rugby Championship** Australia v South Africa in 2024.
7.15 **Formula 1** A chance to see the 2018 Australian Grand Prix.
9.30 **The Rugby Championship** New Zealand v Argentina from 2024.
11.30 **Fight Night** A chance to see Natasha Jonas v Lauren Price.
12.30 AM **Top Rank Boxing Archive**
2.30 **The Rugby Championship**
4.30 **Fight Night** Jonas v Price.
5.30 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** A replay of Port Adelaide Power v Richmond Tigers. **8.00** Another chance to see St Kilda Saints v Geelong Cats. **10.00** A chance to see Brisbane Lions v West Coast Eagles. **12.00** NOON North Melbourne Kangaroos v Melbourne Demons.
2.00 PM **Fishing: On the Bank**
3.00 **Triathlon T1 World Cup**
4.00 **NBA on Fire** The latest news.
4.30 **NBA** Another chance to see Phoenix Suns v Milwaukee Bucks.
6.00 **Fishing: On the Bank**
7.00 **Football is for Everyone**
8.45 **Kenny Allstar's Number 1's**
9.00 **A-League Women Highlights**
9.30 **The Muddy Roots of Football**
10.30 **SailGP Highlights**
11.30 **V8 Supercars Highlights**
1.30 AM **A-League Women**
2.00 **What I Wore** Glenn Hoddle.
2.30 **Cycling** Tour of Catalunya.
3.30 **Alpine Skiing** In Sun Valley.
4.30 **A-League Women Highlights**
5.00 **to 6.00** AM **PL Legends**

TNT Sports 4

414 876 524 411 434

6.00 AM **Snowboarding**
7.30 **Freestyle Skiing** From Engadin.
8.00 **Ski Jumping** In Lahti, Finland.
8.30 **Alpine Skiing** In Sun Valley.
9.30 **Biathlon** From Oslo, Norway.
10.30 **V8 Supercars Highlights**
12.30 PM **NBA on Fire** The latest news.
1.00 **NBA** Another chance to see Phoenix Suns v Milwaukee Bucks.
2.30 **Packer: The Man Who Changed Cricket**
4.00 **Test Cricket Highlights** A review of the first Test between Sri Lanka and New Zealand. **6.00** The second Test between Sri Lanka and New Zealand.
8.00 **Motocross World Championship** Highlights of the MX2 and MXGP races from the third round of the season.
12.00 M'T **AFL** Another chance to see Carlton Blues v Hawthorn Hawks. **2.00** AM A replay of Western Bulldogs v Collingwood Magpies.
4.00 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Highlights**
8.00 **Transworld Sport** Magazine.
9.00 **World Surf League**
10.00 **LaLiga Highlights**
11.00 **URC Match Highlights**
12.00 NOON **LaLiga Specials**
1.00 PM **NHL on the Fly**
1.30 **URC Match Highlights**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **Transworld Sport** Magazine.
4.00 **LaLiga Highlights**
5.00 **URC in 60** Highlights.
6.00 **World Surf League**
7.00 **LaLiga World** Magazine.
7.30 **Top 14 Rugby Union**
8.00 **Motorsport Highlights**
9.55 **LaLiga Highlights**
10.55 **URC in 60** Highlights.
11.55 **LIVE CONMEBOL World Cup Qualifiers Argentina v Brazil.**
2.00 AM **LaLiga Match Highlights**
2.30 **LIVE NHL Ice Hockey LA Kings v New York Rangers.**
5.30 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **GP Confidential**
10.00 **NHL Tonight** Wing players.
11.00 **NHL Ice Hockey**
1.00 PM **Top 14 Rugby Union**
3.00 **GP Confidential** The latest news.
3.30 **Football's Greatest**
4.00 **United Rugby Championship** A chance to see Bulls v Leinster.
6.00 **Bike World** Magazine.
6.30 **Temples of Sport**
7.00 **LaLiga** Villarreal v Real Madrid.
9.00 **NHL Ice Hockey** New Jersey Devils v Vancouver Canucks.
11.00 **LIVE NHL Ice Hockey Toronto Maple Leafs v Philadelphia Flyers.** Coverage of the Eastern Conference match at Scotiabank Arena. Face-off **11.00pm**.
2.00 AM **GP Confidential**
2.30 **Bike World** Magazine.
3.00 **Temples of Sport**
3.30 **United Rugby Championship**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 516 506 424 444

6.00 AM **Indycar** Recent action.
8.30 **F1 Academy Highlights**
10.30 **The F1 Wheelchair**
10.45 **Jenson & the FW22: Extended**
11.00 **Formula 1** Chinese Grand Prix.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** Chinese Grand Prix.
6.00 **Ted's Notebook**
6.30 **Nico's Maiden Win in 2012**
6.40 **Chasing The Dream**
7.00 **F1 Academy Highlights**
9.00 **Indycar** The Thermal Club IndyCar Grand Prix in California.
10.00 **Formula 1** Chinese Grand Prix.
11.00 **Indycar** Action from California.
12.00 M'T **Formula 1** From China.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 26 March

Evening Planner

Documentary

Rose Ayling-Ellis: Old Hands, New Tricks

BBC1, 9pm (box set, BBC iPlayer)

The actor meets a group of older people to teach them British Sign Language.

OnDemand

tv+

The Studio

Available today

Comedy drama starring Seth Rogen as the new boss of Continental Studios, a job that may well destroy all he's worked for.

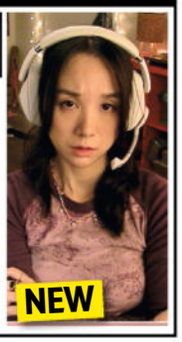
OnDemand

tv+

Side Quest

Available today

Mythic Quest spin-off anthology, featuring four stories of people whose lives have been affected by the video game.



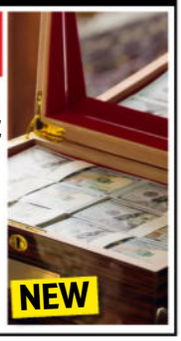
OnDemand

NETFLIX

Million Dollar Secret

Available today

You can't trust anyone in this new reality series, as one of the players has a million dollars – but who?



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Rose Ayling-Ellis: Old Hands, New Tricks		10.00 News; Local News	10.40 Three...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu: The Finals		9.00 Surgeons: At the Edge of Life		10.00 What We Do...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 A Cruel Love: The Ruth Ellis Story		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Grand Designs		10.00 Building Britain's Superhomes	
	105 5	7.00 Shop Smart, Save Money		8.00 Meal Deals: Which One Is Best?		9.00 The Crossbow Murders: The Killings That Shocked...			10.15 Killed by Our Daughter...
	106 SKY SHOWCASE	7.00 The Simpsons				9.00 Rob Beckett's Smart TV	9.45 Ricky Gervais Live: Animals		
ENTERTAINMENT	115 BBC3	7.00 Crongton		8.00 The Agency: Unfiltered		9.00 Film: Beetlejuice			10.25 Suits
	116 BBC4	7.00 Just Another...	7.30 Tom Baker...	8.00 Britain's Lost Masterpieces		9.00 Brian Cox's Jute Journey		10.00 Film: The Railway Station Man	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Plebs	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Griff's Great Kiwi Road Trip		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 The Equalizer		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus			10.10 Gangs of London
	110 U&GOLD	‹ 6.55 Only Fools and...	7.35 Dad's Army			9.00 Men Behaving Badly			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Gallagher Premiership Unleashed		8.00 Junk and Disorderly		9.00 Film: Moonraker		10.05 Film: Moonraker	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Dara O Briain – Craic Dealer		10.00 8 Out of 10 Cats	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Freddie Down Under		9.00 Rob Beckett's Smart TV	9.45 Hacks		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Miss Scarlet		10.00 Death in Paradise	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Van Gogh by Vincent		9.00 Leonardo da Vinci: The Universal Man			10.15 Art's Wildest Movement...
	132 U&W	7.00 MasterChef Junior USA		8.00 Cops on the Rock		9.00 Crashed: $800m Festival Fail			10.15 Katie Piper's Face to Face
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Divers		10.00 Filthy Fortunes	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Tiger Shark Beach		9.00 Isle of Jaws: Blood Brothers		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Destruction Decoded		9.00 Car S.O.S.		10.00 No Taste Like Home with Antoni...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Our Guy in India		8.00 Great Coastal Railway Journeys		9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spector		7.55 Eyes on the Prize III		9.00 King of the Apocalypse			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 The Wasp		8.00 Fight or Flight			9.45 It Ends with Us		
	302 BOOKS TO SCREEN	‹ 6.25 Fast Times at Ridgemont High		8.00 Catch Me If You Can					10.20 Fear and Loathing in...
	303 HITS	‹ 6.10 The Beekeeper		8.00 Miss Congeniality				10.00 Miss Congeniality 2: Armed and...	
	304 GREATS	‹ 6.00 Star Trek III – The Search for Spock		8.00 Back to the Future				10.05 Repo Man	
	305 ANIMATION	‹ 5.45 Sing	7.35 The Lego Movie 2: The Second Part				9.25 Rock Dog 3: Battle The Beat		
	306 FAMILY		7.25 The Smurfs			9.15 The Smurfs 2			
	307 ACTION	‹ 5.00 Saving Private Ryan		8.00 American Sniper					10.20 Mission: Impossible
	308 COMEDY	‹ 6.20 Nacho Libre		8.00 The Holdovers					10.15 Snack Shack
	309 GANGSTERS	‹ 5.55 Ocean's Thirteen		8.00 Bad Boys for Life					10.10 The Godfather Part II
	310 DRAMA	‹ 5.40 Erin Brockovich		8.00 Lee				10.05 What Dreams May Come	
	311 SCI-FI	‹ 5.55 World War Z		8.00 It					10.25 The Woman in...
	313 FILM4	‹ 6.40 A Good Year				9.00 The Invitation			
SPORT	401 MAIN EVENT	‹ 6.00 Tennis – Live: The Miami Open							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100 Club	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 PL 100	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights	7.30 SWPL Cup	8.00 WSL		9.00 EFL Highlights			
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	‹ 5.45 Ultimate Pool	7.30 UEFA Women's Champions League – Live: Arsenal Women v Real Madrid Women (Kick-off 8.00)					10.00 Men's Alpine Skiing World Cup	
	411 TNT SPORTS 2	7.00 Discovery Golf	7.30 Reload	8.00 Men's Cycling World Tour				10.00 The Rugby Review	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition Officers are on the trail of a fake tour guide targeting tourists.(S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** From Buckinghamshire. (S)(R)(AD)
3.45 **Make It at Market** A willow weaver and a stained-glass artist seek advice. (S)(R)(A)D
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 The Repair Shop

7 PM

7.00 The One Show Alex Jones and Vernon Kay present the topical show. (S)
7.30 EastEnders Suki offers Priya some sage advice, and Phil struggles to open up when George tries to be there for him. (S)(AD)

8 PM

8.00 The Repair Shop New edition Experts try to restore a ring that is missing its original onyx stone, a severely cracked mechanical doll, a banner for a jazz band from the 1920s and a handmade wooden whirligig. (S)(AD)

9 PM

9.00 NEW SERIES Rose Ayling-Ellis: Old Hands, New Tricks 1/2. The actor attempts to teach residents at Hughenden Gardens Retirement Village British Sign Language in just six weeks. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Three Girls 3/3. With the court case finally drawing to a close, Holly, Amber and Ruby are faced with trying to rebuild their fragile lives. Meanwhile, Sara and Maggie, who fought hard to protect the girls and bring the perpetrators to justice, also face an uncertain future. (S1) (S)(R)(AD)
11.40 **Love and Loss: The Pandemic 5 Years On** Documentary charting the pandemic as those who have lost loved ones to COVID-19 remember this time and those they loved. (S)(R)(AD)
1.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** With acting friends Peter Gunn and Melanie Hill. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
12.30 PM **Politics Live: Spring Statement** (S)
2.30 **Impossible** Quiz show. (S)(R)
3.15 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.15 **Attenborough's Wonder of Eggs** The sercrets of bird's eggs. (S)(R)
5.15 **Flog It!** From Surrey. (S)(R)
6.00 **Richard Osman's House of Games** With Larry Dean, Kirsty Gallacher, Sam Quek and Lemn Sissay. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 13/20. Michael Portillo explores Zurich. (S)

7.00 Celebrity Antiques Road Trip

7.00 Celebrity Antiques Road Trip New edition Comedians Lloyd Griffith and Rhys James face off in a battle of antiques while on a road trip around Wales and south-west England, with experts Hettie Jago and Tim Medhurst. (S)

8.00 Great British Menu: The Finals New edition Eight regional champions cook their main courses in a bid to secure a place at a banquet celebrating great Britons of the past. With chef Clare Smyth. (S)
■ Continues tomorrow

9.00 Surgeons: At the Edge of Life New edition 5/6. At NHS Lothian's Royal Infirmary, consultant neurosurgeon Imran Liaquat and consultant Drahoslav Sokol operate on 25-year-old Weronika, who has a recurring brain tumour. (S)(AD)

10.00 What We Do in the Shadows New episode *Pride Parade:* 3/10. The vampires help Sean host a pride parade. (S5) (S)(AD)
■ Entire series on BBC iPlayer
10.25 Harry Hill's Lonely Island (R)
10.30 Newsnight (S)
11.00 **Weather** (S)
11.05 **Unspun World with John Simpson** Global news stories. (S)
11.35 **FILM Late Night** Comedy drama with Emma Thompson and Mindy Kaling. (S) (2019, 15, 95min) ★★★
1.10 AM **Sign Zone: Great British Menu** With Tom Aikens. (S)(R)
2.10 **Sign Zone: Amol Rajan Interviews – Alan Sugar** (S)(R)
2.55 **Sign Zone: Thames Water – Inside the Crisis** (S)(R)(AD)
3.55 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News Special: The Chancellor's Statement** (S)
1.5o **Local News** (S)
2.00 PM **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Bonnie Langford, Aston Merrygold and Liza Tarbuck trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 A Cruel Love: The Ruth Ellis Story

7.30 Emmerdale Steph opens up to her mum, Nicola is hungry for gossip after Ella's outburst, and Cain warms to Kammy despite his earlier opinion. (S)(AD)

8.00 Coronation Street The gunshot victim's loved ones face an anxious wait, Julie plays matchmaker for Todd and Theo, Jenny conceals her windfall from Daisy, while Jack turns to Debbie for help. (S)(AD)

9.00 A Cruel Love: The Ruth Ellis Story Series finale 4/4. Ruth finally agrees to tell her lawyer the full story the day before her execution. (S1) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 Peston Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Gallagher Premiership Unleashed** Action from the 12th round of fixtures. (S)(R)
12.10 AM **Teleshopping**
3.00 **Tonight: Weight Loss Jab – Getting to the Right People?** Ranvir Singh investigates who is getting weight loss jabs. (S)(SL)(R)
3.25 **The Dry** 1/8. (S1) (S)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** Game show. (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 21-24/25. (S6) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S1) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The third visit of the week is to Old Hall Country Breaks in Norfolk. (S)
5.30 **Come Dine with Me** Service manager Jess hosts the third dinner party from Norwich. (S)(R)
6.00 **A Place in the Sun: What Happened Next?** New edition Laura Hamilton catches up with a couple who bought a holiday home near Torrevieja in 2021 (S)

9.00 Grand Designs

7.00 News (S)

8.00 Kirstie and Phil's Love It or List It Kirstie Allsopp and Phil Spencer meet Jacqueline and Renee from Stockport who need help deciding whether to renovate their six-bedroom home or sell and start new elsewhere. (S)(R)

9.00 NEW SERIES Grand Designs Kevin McCloud meets couple Howard and Sarah, who have embarked on their most ambitious building project yet – a sleek, angled, metallic floating home on a tidal estuary near Worthing. (S)(AD)

10.00 NEW SERIES Building Britain's Superhomes Guy Phoenix buys the house next to his own property to convert into a mini superhome and is tipped off about a rural plot for sale with potential to be his next big project. (S)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.10 AM **999: On the Front Line** (S)(R)
1.05 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
1.55 **Celebrity Undercover Boss USA** With former Hootie & the Blowfish frontman Darius Rucker. (S)(R)
2.45 **Get Millie Black** (S)(SL)(R)(AD)
3.55 **Unreported World** (S)(SL)(R)(AD)
4.20 **Devon and Cornwall** (S)(SL)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** New edition (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **FILM Blood in the Water** Thriller with Lindsey Dresbach. (S) (2024, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Wenda and her son visit a tattoo parlour. (S)(R)(AD)
5.00 **News** (S)
6.00 **Celebrity Eggheads** Comedians Stephen K Amos, Jon Culshaw, Zoe Lyons and Joe Pasquale take on the Eggheads. (S)(R)
6.25 **Eggheads** A family team from Greater Manchester take on the quiz experts. (S)(R)
6.55 **News** (S)

8.00 Meal Deals: Which One Is...

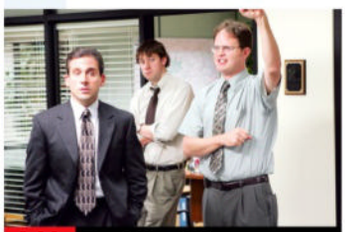
7.00 **Shop Smart, Save Money** New edition Gaby Roslin and Ortis Deley, with the help of three juice-loving yoga teachers, test juicers without knowing price tag. (S)
7.55 **News** (S)
8.00 **NEW Meal Deals: Which One Is Best?** Consumer journalist Harry Wallop delves into the world of meal deals, speaking to members of the British public and exploring the sales promotion's history. (S)
9.00 **NEW The Crossbow Murders: The Killings That Shocked Britain** A look at the crimes of 26-year-old Kyle Clifford, who was handed a whole-life order earlier this month after being found guilty of the murders of Carol, Louise and Hannah Hunt. (S)
10.15 **Killed by Our Daughter: The McCullough Murders** A look at the case of Virginia McCullough, who murdered her parents, Lois and John, in June 2019 and then lived with their bodies for the next four years. (S)(R)
11.30 **Killer at the Crime Scene** Documentary. (S)(R)
12.30 AM **Friends** 9/24. (S2) (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 10&11/24. (S2) (S)(R)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 9/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *The Girl Code:* A female coder decides to make Lisa her protégée. (S)(R) **5.30** *Friend with Benefit:* Lisa makes friends with a girl whose father is a billionaire. (S)(R)
6.00 **The Office (US)** 6/6. Dwight and Michael compete for the attentions of a beautiful woman selling purses. (S1) (S)(R) **6.30** 1/22. The staff have to endure Dunder Mifflin's annual awards banquet. (S2) (S)(R)


6.00 The Office (US)

7.00 **The Simpsons** *Teenage Mutant Milk-Caused Hurdles:* Bart realises he has a crush on his teacher. (S)(R) **7.30** *Much Apu About Something:* Sanjay's son turns the Kwik-E-Mart into a health-food store. (S)(R)
8.00 **The Simpsons** *The Trouble with Trillions:* Homer goes undercover for the government. (S)(R) **8.30** *Girly Edition:* Homer acquires a pet monkey, while Bart and Lisa co-host a kids' news programme. (S)(R)
9.00 **Rob Beckett's Smart TV** New edition Tom Allen, Kola Bokinni, Alex Jones, and Steve Pemberton take part in comedy panel show. (S)(AD)
9.45 **Ricky Gervais Live: Animals** Feature-length film shot during the first stand-up tour by the comedian and star of *The Office*, with backstage footage of his private life. (R)
11.15 **A League of Their Own: The Rally** 1/3.Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup, making their way from London to Turin. (R)
12.15 AM **The Force: North East** (R)
1.10 **Brit Cops: War on Crime** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 9/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland **11.40** Scotcast **12.10am** Love and Loss: The Pandemic 5 Years On **1.40** Weather for the Week Ahead **1.45-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
6.55-7.00pm Party Political Broadcast **10.40** NEW Nazis, U-Boats and the Battle for the Atlantic **11.40** Three Girls **12.40-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
4.15pm Flog It! **5.00** Richard Osman's House of Games **6.00-6.30** Great Continental Railway Journeys New edition **10.00-10.25** NEW SERIES Hardy Bucks **11.05** What We Do in the Shadows New episode **11.30** Unspun World with John Simpson **12.00m't** Detectorists **12.35am** Barra on the Foyle **12.40-1.10am** Sign Zone: Amanda & Alan's Spanish Job

WALES
Sky 968, Freesat 968
11.05pm Beacons: Short Films from Wales New episode **11.15** Unspun World with John Simpson **11.45** Meet the Roman Emperor with Mary Beard **12.45-1.10am** Coast

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan **12.30** 3 Lle **1.00** Codi Hwyl America **1.30** Adre **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Marw Isio Byw **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sain Ffagan **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode **8.25** Pobol y Cwm New episode **8.55** Newyddion a'r Tywydd **9.00** Gogglebocs Cymru New edition **10.00** Ar Brawf **11.00-11.35pm** Bariau

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Crongton** New episodes 5/10. Liccle Bit hides a mysterious package for Manjaro. **7.25** 6/10. Saira struggles with her changing body. (S1)
7.50 **The Fast and the Farmer-ish** The English heat.
7.55 **The Catch Up**
8.00 NEW SERIES **The Agency: Unfiltered** 1/6. The firm launches a contest to find a new influencer. **8.30** New edition 2/6. Amy and Kirsten overhear Livi saying that she does not want to be an influencer.
9.00 **FILM Beetlejuice** Fantasy comedy starring Michael Keaton, Alec Baldwin and Geena Davis. (1988, 15, 92min) ★★★★
10.25 **Suits** 3&4/16. (S5)
11.50 **This Country** 5&6/6. (S2)
12.50 AM **The Agency: Unfiltered** Double bill.
1.45 **Ruck Stars**
2.15 **Stacey Dooley: Meet the Shoplifters**
3.00 **to 4.00** AM **The Idaho Murders: Trial by TikTok**

+1 hour 236/237 | 347 | 125

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Just Another Day: Soho** John Pitman talks to people who live and work in Soho in London.
7.30 **This is Your Life** Michael Aspel is joined by former *Doctor Who* star Tom Baker.
8.00 **Britain's Lost Masterpieces** 1/4. Emma Dabiri and Bendor Grosvenor travel to Glasgow.
9.00 **Brian Cox's Jute Journey** The *Succession* actor travels to Calcutta.
10.00 **FILM The Railway Station Man** Romantic drama starring Julie Christie and Donald Sutherland. A widow seeks satisfaction in an Irish village, where she meets a restorer who works on the local railway station building. (1993, 12, 91min) ★★
11.35 **The Jumbo Jet**
12.25 AM **Just Another Day: Soho** As 7.00pm.
12.55 **This Is Your Life**
1.25 **Britain's Lost Masterpieces**
2.25 **to 3.25** AM **Brian Cox's Jute Journey**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Napkin rings.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Emma and Paul uncover layers of World War Two history.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw work to restore a bubble car. **6.55** Tim and Fuzz secretly restore a Triumph TR4.
7.55 **Grand Designs** Kevin McCloud follows the progress of Dorran, who promised his wife and children he would build them a super-modern underground home on a hill just outside Canterbury.
9.00 NEW SERIES **Griff's Great Kiwi Road Trip** 1/4. Griff Rhys Jones explores the wilds of New Zealand. A Maori chief welcomes Griff to Cape Reinga as Griff learns about the many people who have made a home in the country.
10.00 **24 Hours in A&E** A man faces extensive surgery after colliding with a car on his motorbike.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Diane tries to make Tony see what is happening in front of him.
7.30 **Married at First Sight Australia** New edition The experts have re-matched both members of an original couple.
9.00 **Love Triangle UK** New edition 9/10. After an intense journey of passion, drama and unexpected twists, the love triangles must finally part ways.
10.00 **Gogglebox** Opinions on *I'm a Celebrity... Get Me Out of Here!* and *Tiger King 2*.
11.05 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Married at First Sight Australia** As 7.30pm.
2.35 **Love Triangle UK**
3.30 **Abbott Elementary**
3.55 **The Goldbergs**
4.50 **The Neighborhood**
5.15 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime

Wednesday primetime

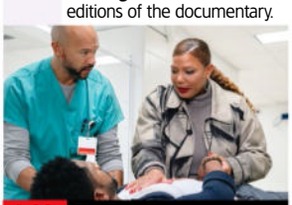
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 8/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Rookie** 1/14. (S3)
2.00 **Chicago Fire** 1/13. Firehouse 51 is forced to share their space with Firehouse 17. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare** Six editions of the documentary.


9.00 The Equalizer

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 FBI: Most Wanted *Obstruction:* 11/15. The team go after a vengeful vigilante following a double murder. (S2)

9 PM

9.00 The Equalizer New episode *Slay Ride:* McCall, Dante and Miles are held hostage in a hospital at Christmas. (S5)

10 PM

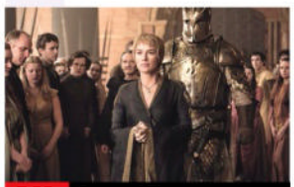
10.00 Fire Country *The Fresh Prince of Edgewater:* 2/22. Bode's transfer request leaves his future hanging in the balance. (S1)
11.00 **The Rookie** 6/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 16/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 17/18. (S2)
3.00 **Air Ambulance ER**
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.05 **True Blood** (S5&6)
10.15 **Six Feet Under** 5&6/13. (S3)
12.20 PM **Game of Thrones** (S6)
1.25 **Westworld** 4&5/8. (S3)
3.35 **True Blood** 12/12. Eric leads a desperate mission to stop Bill and the Authority. **4.40** 1/10. Sam, Luna and Emma find themselves in grave danger. (S6)
5.45 **Six Feet Under** 5/13. Ruth gets a new live-in apprentice. **6.50** 6/13. The Fishers deal with a nosebleed fatality. (S3)


7.55 Game of Thrones

7.55 Game of Thrones *No One:* 8/10. As Jaime weighs up his options, Cersei answers a request, and Tyrion's plans bear fruit. Stars Lena Headey and Peter Dinklage. (S6)

9.00 The White Lotus *Denials:* 6/8. Dark comedy drama set in a luxury resort in Thailand. (S3)

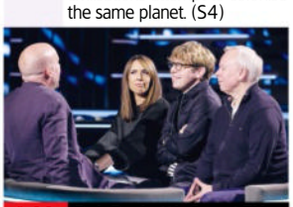
10.10 Gangs of London 1/8. Elliot's drug shipment is spiked, causing hundreds of deaths. (S3)
11.15 **Homicide: Life on the Street** 16/20. Howard returns to work after the shooting, but solves a murder case from her desk to prove her mettle. (S3)
12.20 AM **Succession** 3&4/9. (S3)
2.45 **Band of Brothers** 9/10. (S1)
3.50 **to 6.00** AM **Game of Thrones**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 17/20. (S8)
9.00 **Stargate SG-1** 9&10/22. (S4)
11.00 **Supergirl** 6/22. (S2)
12.00 NOON **The Flash** 18/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 9/21. (S14)
4.00 **S.W.A.T.** 9/18. A mission has a tragic outcome. (S4)
5.00 **Supergirl** 5/22. Supergirl takes on a ruthless new gang armed with alien technology. (S2)
6.00 **Stargate SG-1** 9/22. Two civilisations attempt to colonise the same planet. (S4)


9.00 Rob Beckett's Smart TV

7.00 Stargate SG-1 *Beneath the Surface:* 10/22. The team members are brainwashed and given new memories. (S4)

8.00 Freddie Down Under 4/6. Andrew Flintoff and Rob Penn head to Darwin, and get a taste of the world of cane toad racing.

9.00 Rob Beckett's Smart TV New edition With Steve Pemberton, Kola Bokinni, Tom Allen and Alex Jones.
9.45 Hacks 5/8. Deborah has a shaky reunion with a former comedian friend. **10.25** 6/8. Ava tries to connect with her mother on a girls' night out. (S2)

10.00
11.05 **Hacks** 7/8. Deborah and her team head to Los Angeles. **11.45** 8/8. Deborah takes the stage for her taping. (S2)
12.30 AM **A League of Their Own: The Rally** 1/3. London to Turin.
1.30 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 9/21. (S14)
4.00 **S.W.A.T.** 9/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
10.00 **Love Bites** Double bill.
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 20/22. The witches spy on the Magic School. (S8)
4.00 **Gilmore Girls** 20/22. Rory starts work experience. (S5)
5.00 **Dinner Date** With office manager and actor Maddy.
6.00 **Celebrity Catchphrase** With Adjoa Andoh, Adrian Chiles and Trevor Nelson.

8.00 Ant & Dec's Limitless Win

7.00 Deal or No Deal Stephen Mulhern hosts as James takes on the Banker for the chance to win a life-changing cash prize.

8.00 Ant & Dec's Limitless Win The comic duo hosts the game show as married couple Paul and Ellie continue their game.

9.00 Hell's Kitchen New edition 15/16. The top three chefs create showstopping five-course meals.

10.00 Plebs 3/8. Grumio finds an abandoned baby. **10.30** 4/8. Marcus refuses to pay for Grumio's medical treatment. (S2)
11.00 **Family Guy** 15/16. Peter becomes inspired by the writing of Stephen King. **11.30** 4/16. The Griffin family go on a road trip. (S7)
12.00 M'T **American Dad!** (S3)
1.00 AM **Bob's Burgers** (S7)
2.00 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal**
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **Endeavour** *Girl:* Morse's outlandish theories see him relegated to general duties.
5.50 **Heartbeat** *Wrecked:* Bellamy is subjected to attacks and Walker suspects a released prisoner may be involved.

8.00 Grace

6.55 Heartbeat *Say It with Flowers:* David enters a flower show, while Merton and Walker investigate a security van raid.

8.00 Grace *Love You Dead:* When an ex-offender is found dead in gruesome circumstances, his wife claims he had turned over a new leaf, but all the evidence points to him still being up to his old tricks.

10.00 Foyle's War *A Lesson in Murder:* The death of a conscientious objector while in police custody prompts an investigation.
12.00 M'T **Trial & Retribution** 5/6. Part one of two. Satchell witnesses a gangland killing. **12.50** AM 6/6. Part two of two. Satchell takes matters into his own hands to find his missing wife and child. (S12)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Tales of Para Handy** 1/6. Drama with Gregor Fisher and Rikki Fulton. **8.20** 2/6. A spot of poaching lands Para Handy and his crew in jail. (S1)
9.10 **Confessions of a Teenage Fraudster** 1/3. A 16-year-old call centre worker who went on a five-year crime wave.
9.55 **Loop** Composer Nyo Vilakazi and his Scottish-African choir present *Shona the Musical*.
10.00 **River City** New episode Kelly-Marie must face the consequences when her launch is derailed.
10.30 **Jules and Greg's Wild Swim** 3/6. The River Tay.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **The Disasters That Shocked Scotland**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S2)
9.15 **The Conners** (S2)
10.10 **Veep** 5&6/10. (S2)
11.20 **Ballers** (S2&3)
12.35 PM **Curb Your Enthusiasm** (S5&6)
2.05 **Veep** 5&6/10. (S2)
3.15 **Ballers** (S2&4)
4.30 **Crashing** 6&7/8.(S2)
5.40 **The Office (US)** (S1)
6.35 **The Conners** (S2)
7.25 **Curb Your Enthusiasm** 9/10. The hunt for Jeff's dog leads Larry to his Korean bookie. **8.00** 10/10. Larry visits Arizona. Guest stars Dustin Hoffman. (S5)
9.00 **The Righteous Gemstones** New episode 3/9. (S4)
9.45 **Ricky Gervais Live: Animals** Stand-up show.
11.15 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.15 AM **Entourage** (S6)
1.40 **Sex and the City** (S4)
3.00 **Girls** 5&6/10. (S1)
4.20 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Nutcracker**
7.45 **Watercolour Challenge**
8.45 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **Classic Movies**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Thomas Hardy: Fate, Exclusion and Tragedy**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **NEW Van Gogh by Vincent** Documentary.
9.00 **Leonardo da Vinci: The Universal Man**
10.15 **Art's Wildest Movement: Mannerism**
11.30 **From the Vaults**
12.30 AM **Genesis: Three Sides Live** From 1981.
2.20 **Urban Myths**
3.25 **Rankin's 2020**
4.25 **Arts Uncovered**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Caught on Dashcam**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare UK**
4.00 **Primeval** 5/6. (S1)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** *Mimiki ke kai, ahuwale ka papa leho:* 3/25. McGarrett and Danny hunt for a bank thief. (S9)
9.00 **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Britain's Most Evil Killers** Malcolm Green.
12.00 M'T **Grimm** 1/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives Ultimate Girls' Trip**
10.05 **The Only Way Is Essex**
11.10 **Totally Unbelievable**
12.15 AM **The Only Way Is Essex** Reaity series.
1.15 **Be Beautiful**
1.25 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 2/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 7/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S4&5)
9.00 **Randall and Hopkirk (Deceased)** *Could You Recognise the Man Again?* 18/26. Jeannie is kidnapped. (S1)
10.00 **The Avengers** *Whoever Shot Poor George/XR40?* 6/33. Britain's most advanced computer tries to identify who is trying to sabotage it. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4&5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

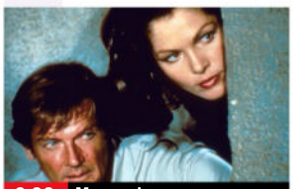
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots** New edition Team Ripperoni faces a tough challenge against Copperhead.
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Sweeney**
6.00 **The Chase** Quiz show.



9.00 Moonraker

7.00 **Gallagher Premiership Unleashed** Action from the 12th round of fixtures, including Northampton Saints v Leicester Tigers.

8.00 **Junk and Disorderly** Henry and the gang set their sights on a big sale at a mega jumble held by Sammy Miller.

9.00 FILM **Moonraker** James Bond adventure starring Roger Moore. Agent 007 looks into the disappearance of a space shuttle and encounters another megalomaniac bent on world domination. (1979, PG, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Wrestling: AEW Collision**
1.30 AM **Dark Side of the Ring** New edition When wrestling is rocked by accusations of steroid abuse, prosecutors try to blame Vince McMahon.
2.20 **Auto Mundial**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 23/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 12/26. (S7)
2.00 **Warehouse 13** 19/20. (S4)
3.00 **Stargate SG-1** 11/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 23/26. Dr Crusher falls in love with an alien peace ambassador. (S4)

8.00 Stargate SG-1

7.00 **Warehouse 13** *All the Time in the World:* 19/20. The team try to track down Paracelsus. (S4)

8.00 **Stargate SG-1** *The Quest – Part Two:* 11/20. The team race to help Merlin build the Sangraal weapon. (S10)

9.00 **Grimm** *Mommy Dearest:* 14/22. Nick pursues a monster that attacks pregnant women. (S3)

10.00 **The Walking Dead** *Crossed:* 7/16. Rick leads a dangerous rescue mission to Atlanta. (S5)

11.00 FILM **Stargate: Ark of Truth** Sci-fi adventure based on the TV series, starring Michael Shanks and Ben Browder. (2008, 12, 97min) ★★★
1.05 AM **Intergalactic** 1&2/8. Sci-fi drama starring Savannah Steyn. (S1)
3.05 **Monstrous** 1/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 11/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 11/20. Rex finds a body during Charlie and Sarah's weekend getaway. (S5)
6.00 **Father Brown** *The Mayor and the Magician:* The mayor is electrocuted while speaking at the Kembleford village fête.

9.00 Miss Scarlet

7.00 **The Mentalist** *Black-Winged Redbird:* 2/22. A designer of hi-tech drones dies when his car explodes. (S6)

8.00 **White Collar** *Uncontrolled Variables:* 3/6. The Pink Panthers ask Neal to con an innocent mark. (S6)

9.00 **Miss Scarlet** New episode *The Deal:* 4/6. Eliza finds herself dragged into a missing persons case. (S5)
■ Entire series on U

10.00 **Death in Paradise** *A Deadly Party:* 8/8. The team investigate when the host of a charity fundraiser is shot. (S2)

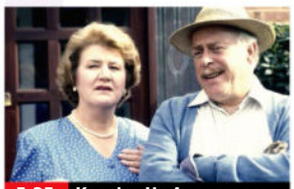
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 23/24. A series of flashbacks reveal the events that led to Sherlock's drug addiction. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.20 AM **Highlights**
9.15 **On the Up**
9.55 **Hi-de-Hi!**
10.30 **Only Fools and Horses**
11.10 **Last of the Summer Wine**
12.25 PM **Keeping Up Appearances**
1.00 **On the Up**
1.35 **Dad's Army**
2.15 **Only Fools and Horses**
2.55 **Hi-de-Hi!**
3.35 **Last of the Summer Wine**
4.55 **On the Up**
5.35 **Keeping Up Appearances**
6.15 **Hi-de-Hi!**



5.35 Keeping Up Appearances

6.55 **Only Fools and Horses** Del Boy and Rodney mourn Grandad's death.
7.35 **Dad's Army** Mainwaring organises a dance to boost platoon morale. **8.20** The platoon are put in charge of manning an observation post on a derelict pier.

9.00 **Men Behaving Badly** Deborah makes a shocking announcement. **9.40** Gary and Dorothy take a weekend break at a country hotel to spice up their love life.
10.20 **The Fast Show** Competitive Dad plays a game of Monopoly.

11.00 **The Fast Show** Comedy sketch show. The Checkout Girl embarrasses her customers.
11.40 **The Royle Family**
12.20 AM **Men Behaving Badly**
2.10 **Inside No 9**
2.45 **The Cleaner**
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave revisit the 1970s.
6.00 **Rick Stein: From Venice to Istanbul** Rick takes a road trip from Venice to Istanbul through the countries of the former Byzantine Empire .

6.00 Rick Stein: From Venice...

7.00 **Would I Lie to You?** With guests Paul Sinha, Mary Portas, Rylan and Sara Pascoe.
7.40 **Richard Osman's House of Games** With Angela Barnes and Kemah Bob. **8.20** With Felicity Ward Jennie McAlpine, Ugo Monye and Joe Pasquale.

9.00 **QI XL** Guests Miles Jupp, Deirdre O'Kane and Phill Jupitus join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Harry Hill hosts the satirical current affairs quiz, with guests Jack Dee and Zing Tsjeng.
11.00 **Taskmaster** Aisling Bea leaps cushions, and Bob Mortimer educates his rivals on Dumfries and Galloway in the series five final.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74

Wednesday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** West Midlands.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** In Manchester.
7.00 **George Clarke's Amazing Spaces**
8.00 **The Dog House**
9.00 **The Great Celebrity Bake Off for Stand Up to Cancer** With Roman Kemp and Maxine Peake.
10.15 **Inside McVitie's**
11.15 **Open House: The Great Sex Experiment**
12.20 AM FILM **Fresh** Horror comedy starring Daisy Edgar-Jones. (2022, 18, 114min) ★★★★
2.45 **Super Surgeons: A Chance at Life**
3.50 **to 4.45** AM **999: On the Front Line**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 19-21/24. (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Willoughby:* 11/24. An operation to apprehend a corporate terrorist goes awry. **7.00** *Off the Grid:* 12/24. Gibbs tries to infiltrate an infamous anti-government militia. **8.00** *Keep Going:* 13/24. Palmer places his own life in danger to save a seemingly suicidal man. (S14)
9.00 **Criminal Minds** *Internal Affairs:* 9/22. The BAU join forces with the NSA. **10.00** *Future Perfect:* 10/22. The team investigate a suspect fascinated with medical experimentation. (S11)
11.00 **Law & Order: Special Victims Unit** (S17)
2.45 AM **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Emergency Call Out** Documentary.
10.00 **Accused: Guilty or Innocent?** True-crime.
11.00 **Skin A&E**
12.00 M'T **A Killer Makes a Call** Collin Reeves.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.30 PM FILM **Young Guns of Texas** Western starring James Mitchum. (1962, U, 84min) ★★
2.10 FILM **Hellfire** Western starring Bill Elliott and Marie Windsor. (1949, PG, 90min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 FILM **Dead Man Running** British crime thriller starring Tamer Hassan and Danny Dyer. (2009, 15, 92min) ★★★
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Homes for Veterans**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Homes for Veterans** In Manchester.
7.00 **MasterChef Junior USA** New edition Gordon Ramsay demonstrates how to break down a duck at a lightning speed.
8.00 **Cops on the Rock**
9.00 **Crashed: $800m Festival Fail**
10.15 **Katie Piper's Face to Face**
11.15 **Hashtag Murder**
12.15 AM **Inside the Ambulance**
12.45 **Red Flag**
1.45 **Inside the Ambulance**
2.30 **to 3.00** AM **The Undateables**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.20 **Classic Casualty**
11.25 **The Bill**
12.30 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Marlow Murder Club** New episodes *Death on the Close – Parts One & Two:* 3&4/6. Double bill. (S2)
■ Entire series on U
10.00 **New Tricks** *The One That Got Away:* Sandra rethinks her career.
11.20 **Bergerac**
12.30 AM **Taggart**
2.20 **Birds of a Feather**
2.55 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Sardinia.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Raj Bisram and Catherine Southon head from East Anglia to Bristol. **8.00** Anita Manning and Raj Bisram compete in the challenge.
9.00 **My 600lb Life** New edition Krystal's weight has really started getting in the way but to have a future, she needs weight loss surgery.
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Items include an unusual musical instrument.
7.00 **Tenable** Warwick Davis hosts as five family members from Bournemouth compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **Wild West Chronicles** Drama.
8.30 **Wanted: Dead or Alive**
9.00 FILM **Gunfighters** Classic Western. (1947, PG, 87min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **The Quick & the Dead** Western. (1987, PG, 94min) ★★★
3.00 FILM **Hellgate** Western. (1952, b/w, PG) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 FILM **The Eastern Front** Drama with Josh Harper. (2020, 15, 110min) ★★
11.15 FILM **Renegades** Drama starring JK Simmons. (2017, 15, 106min) ★★
1.25 AM FILM **Sub-Zero** Action adventure. (2004, 15, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Ice Twisters** Sci-fi action thriller. (2009, PG, 91min) ★★
11.00 **Emergency Rescue: Air, Land & Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **The Landlord** Thriller. (2017, PG) ★★
3.10 FILM **An Emma Fielding Mystery: Site Unseen** Whodunit. (2017, PG, 90min) ★★
5.05 FILM **An Aurora Teagarden Mystery: A Bundle of Trouble** Thriller. (2017, U) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Escobar** Biopic. (2017, 15, 123min) ★★
11.35 FILM **Papillon** Drama. (2017, 15, 133min) ★★★
2.15 AM FILM **Deadly Vengeance** Thriller. (2019, PG, 87min) ★★
4.00 **to 6.00** AM FILM **A Wicked Vendetta** Thriller. (2018, 12) ★★
+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **Farmer Seeking Love** Comedy. (2022, PG, 90min) ★★
10.10 FILM **Sweet As Maple Syrup** Romantic comedy. (2021, PG, 90min) ★★
12.05 PM FILM **Wedding Do Over** (2018, PG) ★★
2.00 FILM **The Secret Sauce** Comedy. (2021, PG) ★★
4.00 FILM **Hint of Love** Comedy. (2020, PG) ★★
6.05 FILM **Summer Villa** Romantic drama. (2016, PG, 84min) ★★
8.00 FILM PREMIERE **Me and Mr Right** Comedy. (2022, U, 91min) ★★
9.55 FILM **Love Strikes Twice** Time travel fantasy. (2021, PG, 84min) ★★
11.55 FILM **Shifting Gears** Drama with James Burke. (2024, U, 90min) ★★
1.50 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Sincerely, Yours, Truly** Drama. (2020, PG) ★★
+1 hour 320 63

Rewind TV
182 92

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 1/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** (S1)
12.00 NOON **Shine on Harvey Moon** 6/6. (S2)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 6/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 1/9. (S4)
6.00 **Bewitched** (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 20/26. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 9/13. (S1)
12.35 AM **Space 1999** (S1)
1.35 **That's My Dog**
2.05 **Monkey** 7/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The crew of the *Maverick* endure a flu outbreak. **8.00** The freezing conditions lead to problems for the crews.
9.00 **Alaska: Homestead Rescue** A family homestead in Texas requires a total makeover by the Raneys.
11.00 **Aussie Gold Hunters** The Gold Timers are hit by a big storm.
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Mary Berry's Foolproof Cooking** A selection of dishes perfect for lazy summer days.
9.00 **Michel Roux's French Country Cooking**
10.00 **Marcus in the Med: Mallorca** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 1/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 1/19. (S5)
11.00 FILM **Strange Invaders** Comedy. (1983, 12) ★★
1.00 PM FILM **Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
2.55 FILM **Flying Tigers** Adventure. (1942, b/w, PG, 103min) ★★
5.00 **Star Trek** 21/26. (S2)
6.00 **T.J. Hooker** 2/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
10.55 FILM **Triple 9** Thriller. (2016, 15, 113min) ★★★
1.10 AM FILM **Reasonable Doubt** Crime thriller. (2013, 15, 91min) ★★★
3.00 **to 4.50** AM FILM **Jeepers Creepers** Horror thriller. (2001, 15, 91min) ★★★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Crack in the World** As 5.00pm.
8.00 **Killer Wave** Drama.
10.00 **Farscape** 7/22. (S3)
11.00 FILM **The Land That Time Forgot** Sci-fi action fantasy. (2009, 12, 90min) ★★
1.00 PM **Killer Wave**
3.00 **Farscape** 7/22. (S3)
4.00 **Star Trek** 3/24. (S3)
5.00 FILM **Crack in the World** Sci-fi thriller starring Dana Andrews. (1965, PG, 96min) ★★
7.00 **Farscape** 8/22. (S3)
8.00 **Star Trek** 4/24. (S3)
9.00 FILM **The Butterfly Effect** Sci-fi thriller with Ashton Kutcher. (2003, 15, 113min) ★★★
11.15 FILM **Curse of the Crimson Altar** Horror starring Boris Karloff. (1968, 15, 87min) ★★
1.00 **to 3.00** AM FILM **The Disappearance** Thriller. (1977, 15, 102min) ★★
+1 hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Top 10 Conspiracies**
11.40 **National Park Mysteries**
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **What on Earth?**
10.00 **Mysteries from Above**
11.00 **Bermuda Triangle: Into Cursed Waters**
12.00 M'T **National Park...**
1.00 AM **UFOs: Lost Evidence**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient...**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Prague with Michael Portillo** Michael explores Prague, where he discovers a nuclear bunker under his hotel.
10.00 **Menorca: Jewel of the Med** A look at Menorca's seafood, art and architectural restorations.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Cotswolds with Pam Ayres**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge** Two designers transform a couple of rooms in Bristol town houses.
9.00 **Good Bones** Mina and Karen struggle to stay within budget when they splurge on an old house.
10.00 **Home Town** Ben and Erin Napier help a country singer find a home in Mississippi.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Seeking Sister Wife**
9.00 NEW SERIES **Love & Translation**
10.30 **Sex Sent Me to the ER**
11.30 **Body Bizarre**
12.30 AM **Extreme Cheapskates**
1.30 **Love & Translation**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Takeshi's Castle**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** Double bill.
1.00 PM **Friends** (S3&4)
9.00 **Dara O Briain – Craic Dealer** Stand-up show.
10.00 **8 Out of 10 Cats**
11.00 **Teachers** New episode 7/20. The arrival of the book fair inspires Ms Snap to become an author. (S3)
11.30 **Kevin Hart: Comedy Central Live** Stand-up.
12.00 M'T **Amy Schumer: Comedy Central Live**
12.30 AM **Whose Line Is It Anyway? USA**
1.30 **South Park** (S7)
3.00 **Modern Horror Stories**
3.05 **Al Murray: The Only Way Is Epic**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 7&8/24. (S4)
11.00 **Friends** (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 7&8/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing** 15/22. Vanessa is caught on camera trying to chase off a cat. **8.30** 17/22. Mike attempts to track down a homeless man. (S4)
9.00 **South Park** (S1,20&21)
2.00 AM **Key & Peele**
3.00 **Ugly Americans** (S2)
3.45 **Becker** 7&8/24. (S4)
4.30 **Kevin Hart: Comedy Central Live** Stand-up.
4.50 **Amy Schumer: Comedy Central Live**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 9&10/12. (S2)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 2/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2** Double bill.
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Wannabees**
2.00 **Catfish: The TV Show**
3.00 **Catfish: Scammed**
4.00 **Catfish: Catch of the Day** Double bill.
6.00 **Catfish: The TV Show**
7.00 **Teen Mom UK**
8.00 **Teen Mom: The Next Chapter** New edition Leah navigates telling her daughters about her dad's kidney cancer.
9.00 **Help! I'm in a Secret Relationship!** New edition With Rahne Jones and Travis Mills.
10.00 **Catfish: The TV Show**
11.00 **The Challenge: All Stars**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **Gold Rush: White Water**
5.00 **Deadliest Catch** The safety of Bob's operation is jeopardised when another vessel collides with her boat.
6.00 **Wheeler Dealers** Mike and Ant turn their attention to a rare 2004 MX-5 Mazdaspeed.

10.00 Filthy Fortunes

7.00 **Salvage Hunters** Drew Pritchard finds treasures in an Oxfordshire brewery, and drives a hard bargain with a fairground fanatic.
8.00 **Hoffman Family Gold** Hunter takes on the arctic tundra when he hears of legendary gold in the distant creeks.
9.00 **Gold Divers** New edition Desperate to save his season, Shawn takes a leap of faith and Vernon's diver gets into a tangle.
10.00 **Filthy Fortunes** New edition Matt Paxton tackles two out-of-control California hoards, and Matt hunts for rare toys.
11.00 **Mystery at Blind Frog Ranch** Duane and his team discover evidence of Aztec artifacts.
12.00 M'T **Mountain Monsters**
1.00 AM **Gold Divers** As 9.00pm.
2.00 **Filthy Fortunes** As 10.00pm.
3.00 **Texas Metal** A 1971 Suburban.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** Documentary.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Celebrity Animal Encounters**
3.00 **Crikey! It's the Irwins**
4.00 **My Cat from Hell** A feline that turns nasty at night.
5.00 **Lone Star Law** A routine check for a fishing license takes an unexpected turn.
6.00 **Tanked** A company wants an exotic fish tank built.

8.00 Tiger Shark Beach

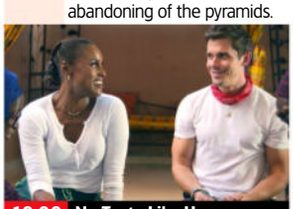
7.00 **Pit Bulls & Parolees** A disabled veteran comes to Villalobos to find a pair of dogs to help with his depression.
8.00 **Tiger Shark Beach** Documentary exploring the tiger shark's life cycle, including where they mate, gestate and give birth.
9.00 **Isle of Jaws: Blood Brothers** Exploring the mystery of where great white sharks mate, and where their pups are born.
10.00 **Edge of Alaska** Neil prepares to reopen the Motherlode mine, but a new arrival could bring an end to his mining empire.
11.00 **The Zoo** Jaffa the penguin undergoes eye surgery. **12.00** M'T Clyde and Tacoma the sea lions trade places to meet a new set of girlfriends.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **World War II: Secrets from Above** Documentary.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures: America's War**
5.00 **Car S.O.S** A Triumph Stag.
6.00 **Lost Treasures of Egypt** Clues to explain the abandoning of the pyramids.



10.00 No Taste Like Home

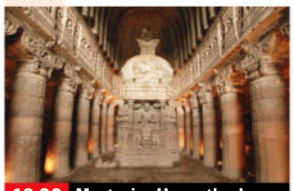
7.00 **Air Crash Investigation** German investigators are stumped when two planes collide while flying over southern Germany.
8.00 **Destruction Decoded** New edition Archive footage of the stories behind 10 infamous train and plane disasters.
9.00 **Car S.O.S** Tim and Fuzz rescue a rare road-going version of the World Rally Championship Toyota Celica from the 1990s.
10.00 **No Taste Like Home with Antoni Porowski** New edition Antoni takes Issa Rae to her father's homeland of Senegal.
11.00 **Air Crash Investigation** Investigating a collision over the Grand Canyon in Arizona.
12.00 M'T **Car S.O.S** Double bill.
2.00 AM **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Secrets of Great British Castles** Dan Jones explores the history of Warwick Castle.
5.00 **Pawn Stars** Documentary.
6.00 **American Pickers**



10.00 Mysteries Unearthed

7.00 **Forged in Fire** The bladesmiths must forge a signature blade from a steel cage and a pile of barbed wire.
8.00 **Digging for Britain** Alice Roberts investigates an Ice Age camp, a medieval skeleton and the earliest evidence of salt making.
9.00 **The Curse of Oak Island** New edition A newly discovered treasure map turns out to be more accurate than imagined.
10.00 **Mysteries Unearthed with Danny Trejo** New edition Mysterious secrets lost deep inside various unseen chambers.
11.00 **Prison Chronicles** A look at Dannemora prison, New York. **11.30** A look at the history of San Quentin prison.
12.00 M'T **Paranormal Survivor**
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Forged in Fire**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **Nazi Murder Mysteries**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **The Lakes with Simon Reeve** As shown at 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **World War Two from Above** The defences of Malta.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Salford's MediaCityUK.

8.00 Great Coastal Railway...

7.00 **Our Guy in India** Guy Martin visits Mumbai, and clambers 833ft to the top of India's tallest building, the Imperial.
8.00 **Great Coastal Railway Journeys** Michael Portillo visits the Causeway coast. **8.30** Michael visits a museum in Belfast Lough.
9.00 **Great Canal Journeys** Timothy West and Prunella Scales explore Argentina's waterways in a traditional cargo boat.
10.00 **Bangers & Cash** Paul is doing the pick-ups in Lancashire where a 1960 Vauxhall Cresta PA Friary estate in dusky pink awaits.
11.00 **Find It, Fix It, Flog It** Simon O'Brien finds a barn containing a collection of replica Rolls-Royce cars.
12.00 M'T **The Lakes with Simon Reeve** The impact of humans on the Lake District.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **The Yorkshire Auction House** Angus clears a garage packed to the brim with rare antiques, then he meets a woman and her collection of valuable ceramic horses. **9.00** Angus unearths a treasure trove of toys in Manchester.
10.00 **The Derbyshire Auction House** Whilst sorting through an antique shop, Irita finds a Uranium glass vase.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** True-crime.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Puppy traders.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Signs of a Psychopath** New edition
10.00 **Deadly Women** The crimes of gambler Kirsten Stephens.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** The crimes of Jason Mitchell.
8.00 **48 Hours** New edition When 19-year-old Cayley Mandad arrived at a hospital, she was bruised and wasn't breathing.
9.00 **Fatal Attraction** New edition When Monica Sykes disappears, questions start to be asked about the men in her life.
10.00 **Millionaire Murders** New edition Alex and Maggie Murdaugh's dynasty would begin to crumble in 2011.
11.00 **Handsome Devils**
12.00 M'T **Murder: First on Scene** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Millionaire Murders**
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Double bill.
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** Double bill.
4.00 **Medical Detectives** A frozen body wrapped in sheets is found near Anchorage, Alaska. **4.30** A man is murdered by a bomb blast. **5.00** A flight attendant's murder bears a striking similarity to a killing five years earlier. **5.30** A plastic bag found near a suffocated woman made her death look accidental. **6.00** A tragedy on a shrimp boat sees the captain drown. **6.30** Police search for a missing boy.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops UK**
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught the Killer** Documentary.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **Most Evil Killers**
9.00 **Murder Uncut**
10.00 **Murders That Shocked the Nation** Ruth Ellis.
11.00 **Forensics: Catching the Killer** True-crime.
12.00 M'T **World's Most Evil Killers** Documentary.
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** Documentary.
9.00 **American Dynasties: The Kennedys**
9.55 **War Machine: World...**
11.00 **Spy Ops** Documentary.
12.00 NOON **Dying Democracies...**
1.00 PM **America the...**
1.35 **American Dynasties: The Kennedys**
2.30 **Dying Democracies: Europe in Decline**
3.35 **War Machine: World...**
4.40 **Spy Ops** Documentary.
5.40 **Dying Democracies: Europe in Decline**
6.40 **American Dynasties: The Kennedys**
7.40 **War Machine: World War II** New edition
8.45 **Spy Ops** New edition
9.50 **NEW SERIES Dying Democracies: Europe in Decline** Documentary.
10.50 **War Machine: World...**
12.00 M'T **Spy Ops**
1.00 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Tom Cruise**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Spector** As 7.00pm.
11.00 **The Man Who Played with Fire**
12.00 NOON **Dave Not Coming Back**
2.00 PM **Lancaster**
4.00 **The Directors**
5.00 **Discovering: Tom Cruise**
6.00 **The Vietnam War**
7.00 **Spector** 2/4. How Phil Spector gained a sinister reputation.
8.00 **Eyes on the Prize III** New edition 3/6. The impact of the Million Man March.
9.00 **King of the Apocalypse** Dakota Adams explores the American right-wing militia.
10.45 FILM **The Fog of War** Oscar-winning documentary. (2003, PG, 107min) ★★★
12.45 AM **Hijacked: Flight 73**
2.45 **Barbie Uncovered: A Dreamhouse Divided**
4.40 **My Icon: Nigel Owens**
5.00 **to 6.00** AM **Discovering: Tom Cruise**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **A Cheetah's Pride**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **Planet Shark**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Volcanic Odysseys**
9.00 **Arabian Seas** The creatures found in Arabia's coral reefs.
10.00 **Brazil Untamed** A remote wetlands region which is home to 300 pig-like peccaries.
11.00 **Planet Shark**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Evolution Earth**
2.00 **Volcanic Odysseys**
3.00 **Arabian Seas**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: Secret Science**
8.00 **The Lost City of Ramses II**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Aliens: Secret...**
1.00 PM **Celts: The Untold Story**
2.00 **Digging for Britain**
3.00 **The Lost City of Ramses II**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
5.55 **What on Earth?**
6.50 **Ancient Aliens: The Ultimate Evidence**
7.50 **Revolutions That Changed History** American Revolution.
9.00 **The Real War of Thrones**
10.00 **History's Greatest Mysteries**
11.00 **Guns That Changed the Game**
12.00 M'T **Ancient Aliens**
1.00 AM **Ancient Aliens: Secret...**
2.00 **Digging for Britain**
3.00 **Instruments of Death**
4.00 **Ancient Aliens: The Ultimate...**
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad with...**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad with Will Mellor** Michael Coulton.
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **When Missing Turns to Murder** New edition
10.00 **Gypsy Rose: Life After Lock Up** Documentary.
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **When Missing Turns to...**
2.00 **Gypsy Rose: Life After Lock Up**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case...**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Yellowstone**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** Alligators, skunks and bears emerge from hibernation.
8.00 **Snakes in the City: Venomous Face-Off** New edition Highlights from the series.
9.00 **Ten Deadliest Snakes with Nigel Marven** Exploring Brazil's most dangerous serpents.
10.00 **Alaska: The Next Generation** Johnny searches for small game, and the Millers go otter trapping.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Spontaneous Combustion: Investigation X**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** A man from Missouri asks the team for help.
8.00 **Spontaneous Combustion: Investigation X** Investigators use the latest technology to explore the phenomenon of humans inexplicably bursting into flames.
9.00 **Salvage Hunters: Classic Cars** Drew and Paul acquire a VW Beetle Karmann Cabriolet.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Vendetta:* Burnside believes a feud is developing between two criminal families. **5.30** *My Favourite Things:* Inspector Monroe is unhappy with PC Quinnan's ways. **6.00** *Win Some Lose Some:* Stringer and Quinnan investigate stolen garbage bins. **6.30** *Up the Steps:* Loxton, Young and Peters attend court to give evidence.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *The Witches of Brokenwood:* 2/6. The Brokenwood Health Retreat becomes unhealthy for one unfortunate visitor, leaving the team of detectives with a complex case to solve. (S7)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.40 **Abandoned Engineering**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **American Detective with Lt Joe Kenda**
9.00 **Disappeared**
11.00 **Reasonable Doubt**
1.00 PM **The Killer Beside Me**
3.00 **Evil Lives Here**
5.00 **Calls from the Inside**
7.00 **Natalie Wood: An American Murder Mystery** The mysterious circumstances surrounding the death of the actor in November 1981.
8.00 **Shallow Grave: People Magazine Investigates** A case in which a young family vanished from their California dream home.
9.00 **I Went Undercover** A murder plot formulated by two friends.
10.00 **Crime Scene Confidential**
11.00 **Evil Talks: Chilling Confessions**
12.00 M'T **In Pursuit with John Walsh**
2.00 AM **Calls from the Inside**
4.00 **Natalie Wood: An American Murder Mystery** As 7.00pm.
5.00 **to 6.00** AM **Shallow Grave: People Magazine Investigates**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** A Jaguar E-Type.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard threatens to ditch the whole project.
9.00 **Iron Resurrection** Joe hopes to make the 1966 Nova the car of his client's dreams.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.20 AM **Black Dog** Chinese drama. (2024, 12, 110min)
9.20 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
12.35 PM **It Ends with Us** (2024)
3.00 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.40 **Noah's Ark** Animated family adventure. (2024, U, 96min)
6.20 **The Wasp** Psychological thriller. (2024, 15, 96min) ★★★★

8.00 Fight or Flight

8.00 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **MaXXXine** Horror thriller. (2024, 18, 110min) ★★★
1.55 **The Wasp** As 6.20pm.
3.35 **Skincare** Dark comedy thriller. (2024, 18, 86min) ★★★
5.20 **to 7.05** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **American Star** (2023)
8.00 **57 Seconds** As 2.20am.
9.50 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★★
12.20 PM **Five Nights at Freddy's** Horror. (2023, 15, 109min) ★★
2.10 **The Meg** Action thriller. (2018, 12, 113min) ★★★
4.10 **Meg 2: The Trench** Thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★
6.10 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★

6.10 The Beekeeper

8.00 Miss Congeniality Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Miss Congeniality 2: Armed and Fabulous Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ferrari** Biopic with Adam Driver. (2023, 15, 130min) ★★★
2.20 AM **57 Seconds** Thriller. (2023, 15, 99min) ★★★
4.10 **to 6.05** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Sky Cinema Drama

310 410 510 524

7.10 AM **Girl You Know It's True**
9.25 **Dance First** Biopic with Gabriel Byrne. (2023, 12, 100min) ★★★
11.15 **Der Kaiser** German biopic. (2022, PG, 105min) ★★★
1.05 PM **Charming the Hearts of Men** Historical romantic drama. (2021, 12, 107min) ★★★
3.00 **Straight Outta Compton** Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★
5.40 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
8.00 **Lee** Biopic of World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet, Alexander Skarsgård and Andy Samberg. (2023, 15, 117min) ★★★
10.05 **What Dreams May Come** Romantic fantasy drama starring Robin Williams and Annabella Sciorra. (1998, 15, 106min) ★★★
12.05 AM **The Young Messiah** Biblical drama starring Adam Greaves-Neal. (2016, 12, 111 min) ★★
2.05 **Girl You Know It's True** Biopic starring Elan Ben Ali and Tijan Njie. (2023, 15, 124min) ★★★
4.20 **to 6.05** AM **Manodrome** Thriller. (2023, 15, 96min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.50 AM **Next Exit** As 12.15am.
8.45 **The Harbinger** As 4.15am.
10.20 **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★
12.10 PM **Edge of Tomorrow** Sci-fi thriller. (2014, 12, 113min) ★★★★
2.05 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★
3.50 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
5.55 **World War Z** Apocalyptic action thriller starring Brad Pitt. (2013, 15, 116min) ★★★★
8.00 **It** Adaptation of the Stephen King chiller, starring Bill Skarsgård, Jaeden Lieberher and Sophia Lillis. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
10.25 **The Woman in Black: Angel of Death** Horror sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★
12.15 AM **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
2.15 **Abigail** Horror thriller. (2024, 18, 105min) ★★★★
4.15 **The Harbinger** Horror. (2022, 15, 87min) ★★★★
5.55 **to 7.40** AM **Monolith** Thriller. (2022, 15, 90min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

8.00 AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
10.50 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★★★
1.30 PM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
4.00 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
5.40 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★

11.05 Little Vampire

7.25 **The Smurfs** Family adventure starring Neil Patrick Harris, Jayma Mays and Sofia Vergara. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Smurfs 2** Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Little Vampire** Animation. (2020, PG, 85min) ★★★
12.35 AM **Robo-Dog** Adventure starring Michael Campion. (2015, PG, 87min) ★★★
2.15 **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★
3.45 **Beethoven's 2nd** Comedy sequel starring Charles Grodin. (1993, U, 89min) ★★
5.20 **to 7.20** AM **The Horse Dancer** Family drama. (2017, PG, 114min) ★★★

Sky Cinema Action

307 407 507 521

7.35 AM **Blacklight** Action thriller. (2022, 15, 104min) ★
9.30 **Pompeii** Roman-era disaster movie. (2014, 12, 104min) ★★
11.25 **Shrapnel** Action thriller. (2023, 15, 89min) ★★
1.05 PM **Hancock** Action comedy. (2008, 12, 92min) ★★★
2.45 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.00 **Saving Private Ryan** Director Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★

10.20 Mission: Impossible

8.00 **American Sniper** Biopic based on the experiences of real-life Iraq conflict veteran Chris Kyle, directed by Clint Eastwood and starring Bradley Cooper, Sienna Miller and Kyle Gallner. (2014, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Mission: Impossible** Action thriller starring Tom Cruise. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
2.05 **King of Killers** Action thriller. (2023, 15, 92min) ★
3.50 **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
5.40 **to 7.30** AM **Hero** Adventure. (2002, 12, 99min) ★★★★

Sky Cinema Comedy

308 408 508 522

6.50 AM **My Big Fat Greek...**
8.30 **Strays** (2023, 15) ★★★★
10.10 **Sausage Party** Animation. (2016, 15, 89min) ★★★
11.45 **Mr Deeds** (2002, 12) ★★★
1.25 PM **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
3.00 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
4.40 **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
6.20 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★

6.20 Nacho Libre

8.00 **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the Christmas holidays with a student. With Da'Vine Joy Randolph, Dominic Sessa and Carrie Preston. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Snack Shack** Comedy starring Conor Sherry and Gabriel LaBelle. (2023, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **I Love My Dad** Comedy. (2022, 15, 96min) ★★★
1.50 **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
3.30 **Fear and Loathing in Las Vegas** Director Terry Gilliam's surreal adaptation of Hunter S Thompson's cult book. (1998, 18, 119min) ★★★★
5.35 **to 7.20** AM **Movie 43** Comedy sketch compendium. (2013, 15, 90min) ★

Sky Cinema Gangsters

309 409 509 523

6.10 AM **Billionaire Boys Club**
8.00 **Boxcar Bertha** Crime drama. (1972, 18, 88min) ★★★
9.35 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★
11.55 **John Wick: Chapter 2** Action sequel. (2017, 15) ★★★★
2.00 PM **Snatch** Crime comedy. (2000, 18, 102min) ★★★★
3.45 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
5.55 **Ocean's Thirteen** Thriller sequel. (2007, PG) ★★★

3.45 Ocean's Twelve

8.00 **Bad Boys for Life** Action comedy thriller sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 AM **The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster epic starring Al Pacino as Michael Corleone, now an ageing businessman trying to put his criminal days behind him. (1990, 15, 162min) ★★★★
4.35 **to 6.35** AM **Billionaire Boys Club** Crime thriller with Ansel Elgort. (2018, 15, 108min) ★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Quiet Man** Drama. (1952, U, 129min) ★★★
1.40 PM **The Sons of Katie Elder** Western starring John Wayne. (1965, U, 122min) ★★★
4.05 **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
6.40 **A Good Year** Ridley Scott's comedy drama with Russell Crowe and Albert Finney. (2006, 12, 117min) ★★★

9.00 The Invitation

A Good Year (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Invitation** Horror thriller starring Nathalie Emmanuel and Thomas Doherty. A young woman is courted and swept off her feet, only to realize a gothic conspiracy is afoot.With Sean Pertwee. (2022, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Beast** Mystery thriller starring Jessie Buckley and Johnny Flynn. A Jersey tour guide is saved from a sexual assault by a stranger with a gun. (2017, 15, 104min) ★★★★
1.20 **to 3.10** AM **PREMIERE Banel & Adama** Drama starring Khady Mane and Mamadou Diallo. Subtitled. (2023, 12, 88min) ★★★

+1hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Books to Screen

302 402 502 516

6.20 AM **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
8.55 **Anatomy of a Murder** Drama. (1959, b/w, 12, 160min) ★★★★★
11.40 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
2.05 PM **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★
4.25 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer. (1997, 12, 116min) ★★★

6.25 **Fast Times at Ridgemont High** Cult teen comedy starring Sean Penn and Jennifer Jason Leigh. (1982, 18, 90min) ★★★★★
8.00 **Catch Me If You Can** Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. (2002, 12, 141min) ★★★★★
10.20 **Fear and Loathing in Las Vegas** Director Terry Gilliam's surreal adaptation of Hunter S Thompson's book. Stars Johnny Depp. (1998, 18, 119min) ★★★★

12.20 AM **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
2.30 **Naked Lunch** Director David Cronenberg's adaptation of William Burroughs' cult novel. (1991, 18, 115min) ★★★
4.30 **to 6.30** AM **Carmen** Musical. (2022, 15, 116min) ★★★

Sky Cinema Greats

304 404 504 518

6.25 AM **The War of the Worlds** Sci-fi thriller with Gene Barry. (1953, PG, 85min) ★★★★
8.05 **Bruce Lee's Big Boss** (1971)
10.00 **Young Guns II: Blaze of Glory** Western sequel. (1990, 15) ★★★
12.00 NOON **Silent Running** (1972)
1.45 PM **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★

3.55 **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel. (1982, 12, 113min) ★★★★
6.00 **Star Trek III: The Search for Spock** Sci-fi adventure sequel starring William Shatner. (1984, PG, 105min) ★★
8.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
10.05 **Repo Man** Cult sci-fi thriller starring Emilio Estevez. (1984, 18, 92min) ★★★★

11.55 **Johnny Mnemonic** Futuristic thriller. (1995, 15, 98min) ★★
1.45 AM **Silent Running** Sci-fi drama. (1972, U, 90min) ★★★★
3.30 **Bruce Lee's Big Boss** Martial arts thriller. (1971, 18, 94min) ★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.10 AM **Rock Dog 3: Battle the Beat** As shown at 9.25pm.
7.50 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
9.45 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
11.25 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★★

12.25 PM **Trolls** (2016, U) ★★★
2.05 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
4.00 **PAW Patrol: The Mighty Movie** Animation. (2023, U) ★★★
5.45 **Sing** Animation. (2016, U) ★★★
7.35 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
9.25 **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U) ★★
11.10 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★

12.35 AM **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★
2.20 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
4.10 **to 6.00** AM **Curious George** Animated family adventure. (2006, U, 87min) ★★★★

Movies 24

312 419

7.00 AM **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
9.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
11.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **The Story of Love** Romantic comedy drama. (2022, PG, 91min) ★★
3.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★

5.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
7.00 **The Magic of Lemon Drops** Romantic fantasy starring Lyndsy Fonseca and Ian Harding. (2024, PG, 84min) ★★
9.00 **Perfect Harmony** Romantic comedy drama starring Sherri Saum and James Denton. When their friends ask them to be best man and maid of honour, Barrett and Jack find themselves falling in love. (2022, PG, 84min) ★★

11.00 **Retreat to You** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Flowers and Honey** Drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **Strange Voyage** Adventure. (1946, b/w, U, 80min) ★★★
8.15 **You Were Never Lovelier** Musical. (1942, b/w, U) ★★
10.15 **Look at Life**
10.30 **The Man From Yesterday** Thriller. (1949, b/w, PG) ★★★
11.50 **Sleeping Car to Trieste** Mystery thriller with Jean Kent. (1948, b/w, PG, 91min) ★★★

1.40 PM **Look at Life**
1.55 **The Brothers** 3/14. (S4)
3.00 **The Desperate Mission** Western. (1969, PG, 97min) ★★★
4.50 **The Texan** 33/37. (S1)
5.25 **The House In Marsh Road** Horror starring Tony Wright. (1960, b/w, PG, 70min) ★★★
6.45 **Look at Life**
7.00 **Z Cars** 30/31. (S10)
8.00 **Manhunt** 17/26. (S1)
9.05 **Maigret** 3/4. (S7)
10.55 **In Suspicious Circumstances**
12.00 M'T **Maigret** 9/13. (S4)

1.05 AM **The Big Boodle** Thriller. (1957, b/w, U, 84min) ★★★
2.45 **Rubber Racketeers** Drama. (1942, b/w, PG, 66min) ★★★
4.05 **Band of Thieves** Musical comedy starring Acker Bilk. (1962, b/w, U, 68min) ★★
5.30 **to 6.00** AM **Richard Diamond**

WEDNESDAY Sport 26 March

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **LIVE Indian Premier League Rajasthan Royals v Kolkata Knight Riders.** Coverage of the T20 match from Barsapara Cricket Stadium in Guwahati. This fixture last year was abandoned due to rain but the reverse fixture in Kolkata saw a high-scoring affair. The Knight Riders made a massive 223-6 in their 20 overs but Jos Buttler hit a magnificent 107 off just 60 balls to lead the Royals to victory off the last ball of the innings to win by two wickets.
6.00 **LIVE WTA & ATP Tennis** Coverage of the quarter-finals on the ninth day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida. Carlos Alcaraz's tournament came to an end at this stage last year when he was beaten 6-2, 6-4 by Grigor Dimitrov.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Retro** Manchester United v Manchester City from 2010/11.
5.00 **Best PL Goals: Arsenal**
6.00 **Premier League 100: Dion Dublin** The ex-striker's career.
6.30 **Premier League 100: Darren Bent** The former striker looks back at his time in the top flight.
7.00 **Premier League Stories**
7.30 **Premier League 100 Club**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Stories**
9.30 **Premier League 100: David James** The former goalkeeper looks back at his career.
10.00 **Premier League Icons** A profile of Fernando Torres. **10.30** A profile of Gareth Bale.
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Chelsea v Burnley from 2017/18.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2014/15 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Chelsea v Tottenham Hotspur in 2015.
12.00 NOON **SWPL Cup** Action from Hibernian v Rangers in the final.
12.30 PM **WSL** Action from West Ham United v Tottenham Hotspur.
1.00 **EFL Highlights** Championship.
2.00 **WSL** Arsenal v Liverpool.
2.30 **EFL Highlights** Championship.
4.30 **SWPL Cup** Highlights from Hibernian v Rangers in the final.
5.00 **WSL** Action from Aston Villa v Manchester United at Villa Park.
5.30 **EFL Highlights** Recent action.
7.30 **SWPL Cup** Action from Hibernian v Rangers in the final.
8.00 **WSL** Arsenal v Liverpool. **8.30** Aston Villa v Man United.
9.00 **EFL Highlights** Recent action.
11.30 **EFL Greatest Games** Action from the 2016/17 season.
12.00 M'T **EFL Cup Retro** Manchester United v Southampton from 2017.
2.00 AM **EFL Trophy** Bolton Wanderers v Plymouth Argyle.
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby Best Goals**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Another chance to see Gujarat Titans v Punjab Kings.
10.10 **Ashes Greats** Performances.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent action from India.
1.50 PM **LIVE Indian Premier League Rajasthan Royals v Kolkata Knight Riders.** Coverage of the T20 match staged at Barsapara Cricket Stadium in Guwahati. This fixture last year was abandoned due to rain but the reverse fixture in Kolkata saw a high-scoring affair. The Knight Riders made a massive 223-6 in their 20 overs, but Jos Buttler hit a magnificent 107 off just 60 balls to lead the Royals to victory off the last ball of the innings to win by two wickets.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Gujarat Titans v Punjab Kings. **8.00** Action from Rajasthan Royals v Kolkata Knight Riders. **9.00** Highlights from Delhi Capitals v Lucknow Super Giants.
10.00 **IPL** Recent action from India.
5.10 AM **Ashes Greats**
5.30 **to 6.00** AM **ICC Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
9.00 **The Open Zone** Discussion.
9.30 **Playing Lessons** Golf tips.
10.00 **Ladies European Tour Golf**
11.00 **TGL** The first, second and third matches of the Finals Series.
5.00 PM **Asian Tour Golf**
6.00 **PGA Tour Champions** Action from the Hoag Classic.
7.00 **PGA Tour: The Cut** A look behind the scenes of the tour.
7.30 **Tour Golf Highlights** Action from the Delhi Challenge.
8.00 **TGL** Highlights from the third and final match of the Finals Series.
10.00 **PGA Tour: The Cut**
10.30 **Tour Golf Highlights** Action from the Delhi Challenge.
11.00 **Asian Tour Golf** From Macau.
12.00 M'T **PGA Tour Champions**
1.00 AM **Ladies European Tour Golf**
2.00 **Tour Golf Highlights** Action from the Delhi Challenge.
2.30 **PGA Tour: The Cut**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Indian Wells.
7.00 **WTA & ATP Tennis** Miami Open.
11.00 **ATP Tennis** Action from the Dubai Tennis Championships final.
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA & ATP Tennis**
4.30 **LIVE WTA & ATP Tennis** Coverage of the quarter-finals on day nine of the Miami Open at Miami Gardens. Top seed Carlos Alcaraz's tournament came to an end at this stage last year when he was beaten by Grigor Dimitrov.
3.00 AM **Bitesize Tennis**
3.45 **Frances Tiafoe Podcast 2024**
4.00 **ATP Tour This Week**
4.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **LIVE T20 Cricket New Zealand v Pakistan.** The fifth and final T20 from Sky Stadium.
10.00 **The Rugby Review**
10.45 **MLB: Off the Bat**
11.15 **Fishing: On the Bank**
12.15 PM **SailGP Highlights**
1.15 **Cycling** Tour of Catalunya.
2.15 **LIVE Cycling** Coverage of stage three of the Tour of Catalunya.
4.15 **TNT Sports Cricket Reload**
4.45 **MLB: Off the Bat**
5.15 **Premier League Stories**
5.45 **Ultimate Pool** Recent action.
7.15 **The Pioneers** Thierry Henry.
7.30 **LIVE UEFA Women's Champions League Arsenal v Real Madrid.** The quarter-final second-leg staged at the Emirates Stadium. Kick-off **8.00pm**.
10.00 **Alpine Skiing** In Sun Valley.
11.00 **NBA** A chance to see Miami Heat v Golden State Warriors. **12.30** AM Sacramento Kings v Oklahoma City Thunder.
2.00 **LIVE NBA Phoenix Suns v Boston Celtics.** Coverage of the inter-conference match from Footprint Centre. Tip-off **2.00am**.
4.30 **NBA Classic** From 2018/19.
5.30 **to 6.00** AM **NBA Originals**

TNT Sports 2

411 871 522 409 431

6.00 AM **UEFA Women's Champions League** Recent highlights.
8.00 **LIVE A-League Women Brisbane Roar v Melbourne City.** Coverage of the match from Perry Park. Kick-off **8.00am**.
10.15 **Motocross World Championship**
2.15 PM **Alpine Skiing** In Idaho.
3.15 **LIVE Alpine Skiing** Coverage from run one of the men's giant slalom event, in Sun Valley, Idaho.
4.30 **TNT Sports Reload**
5.00 **The Rugby Review** A look back at action from matchweek 12.
5.45 **LIVE Alpine Skiing** Coverage from run two of the men's giant slalom event in Sun Valley, Idaho.
7.00 **Discovery Golf** The latest news.
7.30 **TNT Sports Reload**
8.00 **Cycling** Action from the third stage of the Tour of Catalunya. **9.00** The Brugge de Panne.
10.00 **The Rugby Review** A look back at action from matchweek 12 of Gallagher Premiership Rugby.
10.45 **Kenny Allstar's Number 1's**
11.00 **UFC** Another chance to see Leon Edwards v Sean Brady.
2.00 AM **UFC Main Event**
3.00 **UFC Reloaded** Revisit UFC 218.
5.30 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Good Morning Football**
2.00 PM **Super League Highlights**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Super Bowl LIX Highlights** Kansas City Chiefs v Philadelphia Eagles at Caesars Superdome.
9.00 **NFL Bitesize Highlights**
9.15 **Super League Highlights** Leeds Rhinos v Warrington Wolves. **9.30** Action from Leigh Leopards v Wigan Warriors in 2024. **9.45** Highlights of Leeds Rhinos v Huddersfield Giants from 2024.
10.00 **NFL Highlights** Philadelphia Eagles v Washington Commanders in the NFC Championship match.
11.00 **The Insiders** The latest news.
12.00 M'T **Super Bowl LIX Highlights**
1.00 AM **Top Rank Boxing Archive**
2.15 **My Icon** Duke McKenzie.
2.30 **Super League Highlights**
3.00 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
5.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** Views on today's early stories and a look at the back pages.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines this morning, with discussion and analysis of the big talking points.
12.00 NOON **Lunchtime Live** A look at the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **Sports Centre** A round-up of the afternoon's sports news, with analysis and comments.
7.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
12.00 M'T **Premier League Darts** Another chance to see night seven of the tournament at Utilita Arena Cardiff, with a format featuring quarter-finals, semi-finals and a final all in one night.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **My Icon** Ebony Rainford-Brent.
6.15 **Top Rank Boxing Archive**
7.30 **My Icon** Ebony Rainford-Brent.
7.45 **Fight Night International**
9.45 **My Icon** Ebony Rainford-Brent.
10.00 **Top Rank Boxing Archive**
11.45 **My Icon** Ebony Rainford-Brent.
12.00 NOON **Fight Night International**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
6.30 **The Rugby Championship** New Zealand v Argentina from 2024.
8.30 **My Icon** Maggie Alphonsi. **8.45** Martin Offiah.
9.00 **Fight Night International** Kenshiro Teraji v Seigo Yuri Akui.
10.00 **The Rugby Championship** New Zealand v Argentina from 2024.
12.00 M'T **Top Rank Boxing Archive**
1.30 AM **Fight Night** Jonas v Price.
2.30 **Fight Night International**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Women's Champions League** Recent highlights.
8.00 **A-League Women Highlights**
8.30 **MLB: Off the Bat**
9.00 **V8 Supercars Highlights**
11.00 **WRC Review** Safari Rally Kenya.
12.00 NOON **UEFA Women's Champions League**
2.00 PM **LIVE Cycling** The Brugge de Panne in Flanders, Belgium.
4.30 **UEFA Champions League**
5.00 **A-League Women Highlights**
5.30 **LIVE UEFA Women's Champions League Lyon v Bayern Munich.** The quarter-final second-leg. Kick-off **5.45pm**.
7.45 **T20 International Cricket**
8.45 **T20 Cricket Highlights**
9.45 **V8 Supercars Highlights**
11.45 **Kenny Allstar's Number 1's**
12.00 M'T **UEFA Women's Champions League**
2.00 AM **Cycling** Recent action.
4.00 **Born Racers** The Rookies Cup.
5.00 **to 6.00** AM **Alpine Skiing**

TNT Sports 4

414 876 524 411 434

6.00 AM **NBA Classic** From 2013/14.
8.00 **Alpine Skiing** In Sun Valley.
9.00 **NBA Classic** From 2014/15.
11.00 **Alpine Skiing** Action from the giant slalom in Sun Valley, Idaho.
12.00 NOON **Snow League** Action from the snowboard halfpipe competition in Aspen, Colorado.
1.00 PM **TNT Sports Cricket Reload**
1.30 **MLB: Off the Bat**
2.00 **NBA** A chance to see Miami Heat v Golden State Warriors. **3.30** A replay of Sacramento Kings v Oklahoma City Thunder.
5.00 **V8 Supercars Highlights** Action from the Melbourne SuperSprint.
7.00 **NBA** A chance to see Miami Heat v Golden State Warriors. **8.30** A replay of Sacramento Kings v Oklahoma City Thunder.
10.00 **AFL** A replay of Port Adelaide Power v Richmond Tigers. **12.00** M'T A chance to see St Kilda Saints v Geelong Cats.
2.00 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Highlights**
9.00 **LaLiga Highlights**
10.00 **URC in 60** Highlights.
11.00 **NASCAR Highlights**
12.00 NOON **LaLiga Specials**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Top 14 Rugby Union**
3.00 **LaLiga Highlights**
4.00 **URC in 60** Highlights.
5.00 **NASCAR Highlights**
6.00 **Football** Highlights and features.
6.45 **NHL: This is Hockey**
7.15 **LIVE Elite Ice Hockey League Glasgow Clan v Guildford Flames.** Face-off **7.30pm**.
10.15 **NHL: This is Hockey**
10.45 **LaLiga Specials**
11.00 **World Surf League**
12.00 M'T **NASCAR Highlights**
1.00 AM **Top 14 Rugby Union**
1.30 **Women's Football Weekly**
2.00 **LIVE NHL Ice Hockey Edmonton Oilers v Dallas Stars.**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Atletico v Barcelona.
10.00 **Football's Greatest**
11.00 **CONMEBOL World Cup Qualifiers** Argentina v Brazil.
1.00 PM **Top 14 Rugby Union**
3.00 **Africa Eco Race** Stage 12.
3.30 **United Rugby Championship** A replay of Ospreys v Connacht.
5.30 **Bike World** Magazine.
6.00 **GP Confidential** F1 news.
6.30 **CONMEBOL World Cup Qualifiers** Argentina v Brazil.
8.30 **Indy Autonomous Challenge**
9.30 **NHL Ice Hockey** Toronto Maple Leafs v Philadelphia Flyers.
11.30 **LIVE NHL Ice Hockey New York Islanders v Vancouver Canucks.** Coverage of the inter-conference match staged at UBS Arena. Face-off **11.30pm**.
2.30 AM **Football's Greatest**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship** Bulls v Leinster.

Sky Sports F1

406 516 506 424 444

6.00 AM **Indycar** From California.
7.00 **Formula 1** Chinese Grand Prix.
11.00 **Indycar** From California.
1.30 PM **Formula 1** Another chance to see the Chinese Grand Prix.
3.45 **Ted's Notebook**
4.15 **Lando Norris vs the Lie Detector**
4.25 **F1 Explained: Formation Lap**
4.30 **Indycar** Highlights from the Thermal Club IndyCar Grand Prix.
5.30 **Formula 1** Highlights of the Chinese Grand Prix in Shanghai.
8.30 **F1 Academy Highlights**
10.30 **Formula 1** Chinese Grand Prix at Shanghai International Circuit.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Thursday

27 March

Evening Planner

Profile

Douglas Adams: The Man Who Imagined Our Future
Sky Arts, 8pm
Profile of *The Hitchhiker's Guide to the Galaxy* author, now seen as a visionary.

Documentary

Brianna: A Mother's Story
ITV1, 9pm
The mother of murdered trans teenager Brianna Ghey talks about how her death has sparked a campaign for change.

OnDemand

prime

Holland
Available today
Nicole Kidman stars in this unsettling thriller, about a teacher whose seemingly perfect life is turned on its head.

OnDemand

prime

Bosch: Legacy
Available today
Titus Welliver is back for the third and final season as PI Harry Bosch, investigating a missing family.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den †		9.00 The Apprentice		10.00 News; Local News	10.40 Question...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu: The Finals		9.00 Fake or Fortune?		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Brianna: A Mother's Story			10.20 News; Local News
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 24 Hours in A&E		10.00 Kill List: Hunted by Putin's Spies	
	105 5	7.00 Portugal with Michael Portillo		8.00 The Yorkshire Vet		9.00 The Madame Blanc Mysteries		10.00 The Girl in the Box: The Kidnapping...	
	106 SKY SHOWCASE	7.00 The Simpsons			8.15 Rob Beckett's Smart TV	9.00 Gangs of London		10.05 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.00 Crongton		8.00 The Agency: Unfiltered		9.00 Stacey Dooley: Growing...	9.45 Stacey Dooley in the USA: Kids in the Crossfire		
	116 BBC4	7.00 Frozen Planet II		8.00 Film: Farewell, My Lovely			9.30 The Great Detectives...		10.20 Film: The Big Sleep
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Family Guy			
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Renovation Nation		9.00 Grand Designs		10.00 Britain's Most Expensive Houses	
	135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Gangs of London		10.00 Small Town, Big Story	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly			10.15 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 The Grand Fishing Adventure		8.00 Junk and Disorderly		9.00 Film: Wrath of the Titans			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bad Moms			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX		7.05 Stargate SG-1		8.10 Rob Beckett's Smart TV	9.00 A League Of Their Own: The Rally		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Murdoch Mysteries		10.00 Death in Paradise	
	130 SKY ARTS	◂ 6.30 Discovering Sci-Fi on Film		8.00 Douglas Adams: The Man Who Imagined Our Future			9.30 Discovering Sci-Fi on Film		
	132 U&W	7.00 MasterChef Junior USA		8.00 Ambulance Australia		9.00 Hunting Jonbenet's Killer: The Untold Story			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Pet Nation Renovation		9.00 Growing Up		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.		9.00 David Blaine Do Not Attempt		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 Forged in Fire			
	155 U&YESTERDAY	7.00 Our Guy in Japan		8.00 Bangers & Cash		9.00 Dream Car Fixers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spector		8.00 The Body Next Door					
FILMS - Sky Cinema	301 PREMIERE	◂ 6.15 The Wasp		8.00 It Ends with Us					10.20 Fight or Flight
	302 BOOKS TO SCREEN	◂ 6.00 The Bourne Identity		8.00 The Bourne Supremacy			9.50 The Bourne Ultimatum		
	303 HITS	◂ 6.00 Lee		8.00 Oppenheimer					
	304 GREATS	◂ 5.45 Star Trek IV: The Voyage Home		8.00 Back to the Future Part II			9.50 John Wick		
	305 ANIMATION	◂ 5.50 Migration	7.25 The Prince of Egypt			9.20 Curious George			
	306 FAMILY	◂ 6.15 The Hobbit: The Desolation of Smaug				9.00 The Hobbit: The Battle of the Five Armies			
	307 ACTION	◂ 5.30 Wonder Woman		8.00 Bad Boys: Ride or Die				10.10 Mission: Impossible II	
	308 COMEDY	◂ 6.15 The Invention of Lying		8.00 Ride Along			9.45 Ride Along 2		
	309 GANGSTERS	◂ 6.05 Ocean's Eight		8.00 Miami Vice				10.15 The Godfather Part III	
	310 DRAMA	◂ 6.15 A Sacrifice		8.00 The United States vs. Billie Holiday					10.20 Manodrome
	311 SCI-FI	◂ 6.10 Gothika		8.00 Interstellar					
	313 FILM4	◂ 6.50 Footloose				9.00 Copshop			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of night eight of the tournament at Utilita Arena Newcastle							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Leyton Orient v Stevenage (Kick-off 8.00)						10.30 EFL Highlights
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	7.00 Ninja A-League...	7.30 UEFA Women's Champions League – Live: Chelsea v Manchester City (Kick-off 8.00)					10.00 The Pioneers	10.30 NBA
	411 TNT SPORTS 2	7.00 Men's Alpine Skiing World Cup – Live		8.00 Cricket Reload	8.30 Freestyle Skiing...	9.00 Alpine Skiing World Cup			

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition Featuring properties in Scotland and Staffordshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition A former British nurse joins the ranks of the Bermuda Police. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **Make It at Market** Featuring an upcycler and a stone carver. (S)(R)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

4.30 The Finish Line

7 PM

7.00 **The One Show** Alex Jones and JB Gill present the topical show. (S)
7.30 **EastEnders** Priya and Ravi are horrified to realise that Avani is missing, while Gina and Anna go head to head for a job. (S)(AD)

8 PM

8.00 **Dragons' Den** An entrepreneur promoting portable toilets for children hopes to flush away any doubts of success, while mushroom snacks with an impressive crunch are too noisy for one potential investor. (S)(R)(AD)

9 PM

9.00 **The Apprentice** New edition 9/12. The candidates face a TV shopping task where they must choose products and take on presenting or gallery roles. (S)(AD)
■ *The Apprentice: You're Fired* follows on BBC2

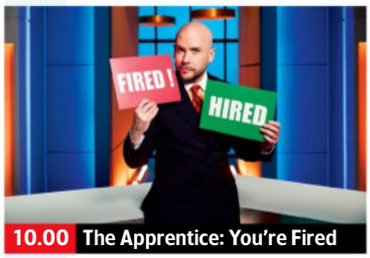
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Dartford, Kent, to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Double bill. (S)(R)
2.45 **Unbeatable** Quiz show. (S)(R)
3.15 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.15 **New York: America's Busiest City** Documentary. (S)(R)(AD)
5.15 **Flog It!** From Belfast. (S)(R)
6.00 **Richard Osman's House of Games** Larry Dean, Kirsty Gallacher, Sam Quek and Lemn Sissay test their trivia skills. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 14/20. Michael Portillo scales the Swiss Alps on a cog railway. (S)



10.00 The Apprentice: You're Fired

7.00 **Celebrity Antiques Road Trip** It's a Welsh special as *Gavin & Stacey* star Joanne Page and opera singer Wynne Evans drive from Carmarthen to Merthyr Tydfil on the hunt for profit-making items. (S)(R)

8.00 **Great British Menu: The Finals** New edition The eight finalists compete to win the dessert course at a banquet celebrating great Britons of the past, with Prue Leith returning to help judge. (S)
■ Concludes tomorrow at 7pm

9.00 **Fake or Fortune?** 1/4. Fiona Bruce and Philip Mould examine a sculpture found in the long grass of a Norfolk home that bears striking similarities to the work of Henry Moore. (S)(R)(AD)

10.00 **The Apprentice: You're Fired** New edition 9/11. Tom Allen meets the show's freshly rejected candidate. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Ken Dodd: A Legacy of Happiness** Documentary revealing the private man behind the comedian. (S)(R)
12.50 AM **Sign Zone: Rose Ayling-Ellis – Old Hands, New Tricks** (S)(R)
1.50 **Sign Zone: Great British Menu** The three remaining chefs from London and south-east England cook mains and desserts. (S)(R)
2.50 **Sign Zone: Billy Monger: The Race Is On for Comic Relief** (S)(R)
3.50 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Sally Dynevor, Barney Walsh and Zoe Williams attempting to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Caleb and Ruby plan a day out as a family, Nicola starts to scheme, and Marlon betrays April's trust again. (S)(AD)

8.30 **Tonight: Battle of the Bins – End of Weekly Collections?** New edition Joe Crowley looks into fears that a reduction in refuse collections and smaller household bins has already contributed to increasing littering and fly-tipping problems. (S)

9.00 **NEW Brianna: A Mother's Story** Documentary exploring the brutal murder of trans teenager Brianna Ghey, featuring contributions from her mother, Esther, who talks about her daughter, and how the tragedy has driven her fight for change. The film details the 28-hour search that led to the arrest of Brianna's 15-year-old killers – Scarlett Jenkinson and Eddie Ratcliffe. (S)
10.20 **ITV News** (S)
10.50 **Local News** (S)
11.05 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Emergency Nurses: A&E Stories** Nurses Charlie and Hazel try to prevent a patient from falling into a diabetic coma. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ant & Dec's Limitless Win** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** (S6&7) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S1) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The third visit of the week is to the Half Moon Inn in Norfolk. (S)
5.30 **Come Dine with Me** Mobile hairdresser Sarah hosts the fourth dinner party from Norwich. (S)(R)
6.00 **A Place in the Sun: What Happened Next?** New edition Ben Hillman heads to Cyprus to catch-up with Eileen and Richard at their dream holiday home. (S)

10.00 Kill List: Hunted by Putin's Spies

7.00 **News** (S)

8.00 **The Dog House** 5/7. Retired flight attendant Andreas looks to exuberant cockapoo puppy Annie for companionship, while adopted sisters Niamh and Holly consider adopting leggy lurcher Skye. (S)(R)(AD)

9.00 **24 Hours in A&E** New edition Three pedestrians are brought in to Queen's Medical Centre following an incident in which a car mounted the pavement. The most injured patient, 18-year-old Mica, has suspected head injuries. (S)(AD)

10.00 **NEW SERIES Kill List: Hunted by Putin's Spies** 1/2. The story of the Bulgarian spy ring that was recently convicted in London, focusing on the experiences of journalist Christo Grozev and activist Vladimir Kara-Murza. (S)(AD)
11.05 **Kill List: Hunted by Putin's Spies** Series finale 2/2. Journalist Christo Grozev discovers there is a plot to kill him. (S)(AD)
12.05 AM **Super Surgeons: A Chance at Life** Documentary. (S)(R)(AD)
1.05 **School Swap: UK to USA** (S)(R)
2.00 **Tempting Fortune** (S)(SL)(R)(AD)
3.50 **Huge Homes with Hugh Dennis**
4.45 **Sunday Brunch Best Bits** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** New edition (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Stranger in My Home** Thriller starring Angela Cole and Zane Haney. (S) (2023, U, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** In Manilva, entertainer Natalie is booked by a local family friendly venue to host a Halloween event. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Barron Healy Quartet try their luck. (S)(R) **6.25** Men at Maggie's from Newcastle take part. (S)(R)
6.55 **News** (S)

8.00 The Yorkshire Vet

7.00 **Portugal with Michael Portillo** 4/6. Michael visits Madeira, where he heads to a water mill and learns about the island's links to Britain. (S)(R)
7.55 **News** (S)
8.00 NEW SERIES **The Yorkshire Vet** Peter Wright helps a farmer who has inherited her farm from her late father, and Matt Smith's latest unusual patients are father and son otters at the local zoo. (S)
9.00 **The Madame Blanc Mysteries** New episode *Inheritance:* 2/6. Charlie's Aunt Fifi is fatally poisoned by a mysterious figure, and Jean discovers that Fifi owned valuable antiques. (S4) (S)
10.00 **The Girl in the Box: The Kidnapping of Stephanie Slater** 1/2. The story of how, following the kidnap of Stephanie Slater in 1992, murderer Michael Sams attempted to evade a huge police operation. (S)(R)
11.05 **The Girl in the Box: The Kidnapping of Stephanie Slater** 2/2. Documentary. (S)(R)
12.05 AM **A Killer Makes a Call** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Diana: Queen of Hearts?** (R)
3.50 **Gardening with Carol Klein** (R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Extreme Snakes: Australia** (R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 10/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Love Is in the N2-O2-Ar-CO2-Ne-He-CH4:* Professor Frink plays matchmaker. (S)(R) **5.30** *Lisa with an S:* Lisa stays with a Broadway legend for a month. (S)(R)
6.00 **The Office (US)** 2/22. The staff members are told to attend a seminar on sexual harassment in the workplace. (S)(R) **6.30** 3/22. Jim and Pam host an 'Office Olympics'. (S2) (S)(R)

7.00 The Simpsons

7.00 **The Simpsons** *Gal of Constant Sorrow:* Bart lets a homeless woman live in his wardrobe. (S)(R) **7.25** *Lisa the Veterinarian:* Lisa is inspired to become a veterinarian. (S)(R) **7.50** *Orange Is the New Yellow:* Marge receives a jail sentence for neglect. (S)(R)
8.15 **Rob Beckett's Smart TV** Guests Tom Allen, Kola Bokinni, Alex Jones, and Steve Pemberton join team captains Josh Widdicombe and Alison Hammond. (R)
9.00 **Gangs of London** New episode 2/8. Sean, Billy and Cornelius make a drastic attempt to reclaim London, while Luan tries to take revenge and Elliot seeks answers. (S) (S3) (AD)
■ Entire series on Box Sets
10.05 **Never Mind the Buzzcocks** Joel Corry, Self Esteem and Joe Wilkinson join guest captain Sophie Willan and regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)
10.55 **An Idiot Abroad 2** 1/8. Karl Pilkington visits destinations on his 'bucket list', starting with a trip to a South Pacific island. (S)(R)
11.55 **Veep** 7/10. Selina attempts to finish her book. (S)(R)(AD) **12.35** AM 8/10. Amy supervises a disorganised Mike. (S6) (S)(R)
1.15 **The Force: North East** (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 10/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **7.00-7.30pm** River City (S)(R)(AD) **8.00-9.00** NEW Disclosure: Hunting the Whisky Bandits (S) **12.10am** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
6.55-7.00pm Party Political Broadcast (S) **10.40** The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.00-9.00pm Sort Your Life Out with Stacey Solomon Series finale (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00pm The Great House Revival New edition (S) **7.50-8.00pm** Gardening Together with Diarmuid Gavin (S)(R)

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30-8.00pm** Villages by the Sea (S)(R)

ITV1

As main ITV1 except:
WALES
11.05pm Face to Face (S) **11.30pm-12.00m't** Wales on TV (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Dim Byd i'w Wisgo **1.30** Y Tyrchwyr gyda Iolo Williams (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Yr Afon **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sgwrs Dan y Lloer **6.30** Ralio: Pencampwriaeth Rali'r Byd: Saffari Kenya **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode **8.25** Rownd a Rownd New episode **8.55** Newyddion a'r Tywydd **9.00** Y Byd yn ei Le New edition **9.45** Y Llais **11.25pm-12.05am** Bariau

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Crongton** New episodes 7/10. Liccle Bit considers the text he has received from Manjaro. **7.25** 8/10. Elaine and Mo scold Liccle Bit for getting involved with Manjaro. (S1)
7.50 **The Fast and the Farmer-ish** The semi-final.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New editions 3&4/6.
9.00 NEW **Stacey Dooley: Growing Up Gypsy** The complex balancing act young women face within a maligned ethnic minority.
9.45 **Stacey Dooley in the USA: Kids in the Crossfire** Investigating youth killings in Chicago.
10.45 **Starstruck** 1&2/6. (S3)
11.30 **Paranormal: Britain's Last Witch** Documentary.
12.30 AM **The Agency: Unfiltered**
1.30 **Stacey Dooley: Growing Up Gypsy** As 9.00pm.
2.15 **Stacey Dooley in the USA: Kids in the Crossfire**
3.15 **to 4.00** AM **Stacey Dooley: Growing Up Gypsy**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Frozen Planet II** David Attenborough explores frozen regions around the world.
8.00 FILM **Farewell, My Lovely** Classic film noir thriller starring Dick Powell. Private eye Philip Marlowe searches for an ex-convict's missing girlfriend. With Claire Trevor and Anne Shirley. (1945, b/w, PG, 95min) ★★★★★
9.30 **The Great Detectives: The Simple Art of Philip Marlowe** Documentary.
10.20 FILM **The Big Sleep** Howard Hawks' film noir thriller starring Humphrey Bogart. Private eye Philip Marlowe investigates a blackmail case involving wayward sisters. (1946, b/w, PG, 114min) ★★★★★
12.10 AM **Salman Rushdie: This Cultural Life**
12.40 **11 Minutes: America's Deadliest Mass Shooting**
2.05 **The Great Detectives: The Simple Art of Philip Marlowe** Documentary.
2.55 **to 3.55** AM **Frozen Planet II**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Snow globes.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Jayne and Steve host a residential landscape painting course.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw get to work on a 1974 Mk 1 Ford Capri. **6.55** Tim and Fuzz restore a Japanese sports coupe.
7.55 **Renovation Nation** Tracey and Rob want to turn their crumbling castle in Scotland into a wedding destination.
9.00 **Grand Designs Revisited** Kevin McCloud catches up with Vicky and Ed, who in 2015 broke free from their hectic London lives to try to build a new life in the Somerset countryside
10.00 **Britain's Most Expensive Houses** Amy receives a listing for a £7.25million house near Chelsea's training ground, and Guy visits an 18th-century chateau with its own 18-hole golf course.
11.05 **24 Hours in A&E** A woman shows signs of a stroke. **12.10** AM A 13-year-old boy crashes his bike into a car.
1.15 **Emergency Helicopter Medics** Double bill.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.35 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill.
7.30 **Married at First Sight Australia** New edition Eliot and Lauren meet for the first time since their short-lasting marriage, and Awhina confronts Adrian about leaving the experiment.
9.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* and *Miriam and Alan: Lost in Scotland* are appraised. **10.00** Opinions on *Strictly Come Dancing*, *The Pet Show* and *Selling Sunset*.
11.05 **Naked Attraction**
12.10 AM **Married at First Sight Australia** Reality series.
1.40 **Rick and Morty**
2.10 **Common Side Effects** Series finale Animation.
2.35 **Love Triangle UK** Series finale Reality series.
3.30 **Abbott Elementary**
3.50 **The Goldbergs**
4.40 **The Neighborhood**
5.05 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Thursday primetime primetime

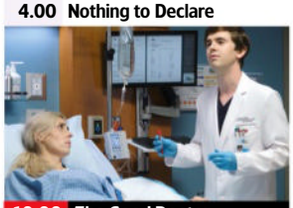
THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 9/16. Jason defends a news commentator. (S5)
12.00 NOON **The Good Doctor**
1.00 PM **The Rookie** 2/14. (S3)
2.00 **Chicago Fire** 2/13. Mouch sets out to change his legacy and nickname. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**



10.00 The Good Doctor

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 FBI: Most Wanted *Criminal Justice:* 12/15. A young man accidentally shoots a cop in self-defence. (S2)

9 PM

9.00 FBI: International *Wheelman:* 9/22. The Fly Team race against the clock to halt a major art heist. (S2)

10 PM

10.00 The Good Doctor *45-Degree Angle:* 6/20. Shaun puts his residency in jeopardy during his first solo surgery. (S3)
11.00 **The Rookie** 7/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 17/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 18/18. (S2)
3.00 **Air Ambulance ER**
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.05 **True Blood** 2&3/10. (S6)
10.15 **Six Feet Under** 7&8/13. (S3)
12.20 PM **Game of Thrones** (S6)
1.25 **Westworld** 6&7/8. (S3)
3.35 **True Blood** 2/10. A long-lost relative reveals himself to Jason and Sookie. **4.40** 3/10. Sookie learns why Warlow is after her. (S6)
5.45 **Six Feet Under** 7/13. Brenda attends her father's funeral. **6.50** 8/13. The Fisher & Diaz funeral home is overrun by New Age cult members. (S3)

9.00 Gangs of London

7.55 Game of Thrones *Battle of the B*******:* 9/10. As the Starks prepare to fight, Davos loses something dear, while Ramsay plays a game and Daenerys faces a choice. (S6)

9.00 Gangs of London New episode 2/8. Luan tries to take revenge, and Elliot seeks answers. (S3) ■ Entire series on Box Sets

10.00 Small Town, Big Story New episode *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis. (S1) ■ Entire series on Box Sets
11.00 **Homicide: Life on the Street** 17/20. A 16-year-old murder case is reopened. (S3)
12.05 AM **Gangs Of Milan: Blocco 181** 1&2/8. (S1)
2.05 **Watchmen** 6/9. (S1)
3.15 **Game of Thrones** As 7.55pm.
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 18/20. (S8)
9.00 **Stargate SG-1** (S4)
11.00 **Supergirl** 7/22. (S2)
12.00 NOON **The Flash** 19/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 10/18. The team help the LAPD investigate a woman's disappearance. (S4)
5.00 **Supergirl** 6/22. A new vigilante helps Kara out. (S2)
6.00 **Stargate SG-1** 11/22. The team members investigate a conspiracy theorist. (S4)

10.00 Small Town, Big Story

7.05 Stargate SG-1 *Tangent:* 12/22. The test flight of a Goa'uld death glider goes wrong, sending Teal'c and O'Neill hurtling through space. (S4)
8.10 Rob Beckett's Smart TV With guests Tom Allen, Kola Bokinni, Alex Jones and Steve Pemberton.

9.00 A League of Their Own: The Rally 1/3. The gang compete in the ALOTO Rally Cup, making their way from London to Turin.

10.00 Small Town, Big Story New episode *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis. (S1) ■ Entire series on Box Sets
11.00 **Resident Alien** 3/10. Harry races to keep his secret safe. **12.00** M'T 4/10. Harry travels to the Ute reservation to help Asta's grandmother. (S1)
1.00 AM **Poker Face** 6/10. (S1)
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 10/21. (S14)
4.00 **S.W.A.T.** 10/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
10.00 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 21/22. Leo appears to Piper and offers demonic approval. (S8)
4.00 **Gilmore Girls** 21/22. Sookie goes into labour. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Les Dennis, Rebecca Sarker and Jordan Stephens.

1.00 Deal or No Deal

7.00 Deal or No Deal Stephen Mulhern hosts as Claire takes on the ruthless Banker to try and win a life-changing cash prize.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 Family Guy 16/16. Peter has a palm reading. (S7) **9.30** 1/21. Brian and Stewie visit some alternative universes. (S8)

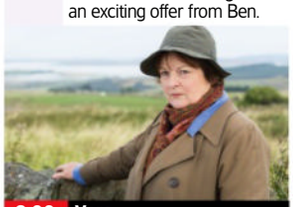
10.00 Family Guy 5/16. The Griffins get a new dog. **10.30** 6/16. Peter has to return to third grade for a promotion. (S7)
11.00 **Family Guy** 9/16. Peter makes friends with OJ Simpson and brings him home. (S7)
11.30 **American Dad!** (S3)
12.30 AM **Bob's Burgers** (S7)
1.30 **Don't Hate the Playaz**
2.15 **Deep Fake Neighbour Wars**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *Please Release Me.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **Endeavour** *Fugue:* Morse tries to outwit a serial killer who is leaving cryptic messages.
5.50 **Heartbeat** *Precious Stones:* Liz has a difficult decision to make after receiving an exciting offer from Ben.



8.00 Vera

6.55 Heartbeat *Buried Secrets:* The police investigate the murder of an ex-army recluse and archaeological enthusiast.

8.00 Vera *Natural Selection:* The detective investigates when the body of a wildlife ranger is found on a remote island. She seems to have been murdered, but was alone on the island when she died.

10.00 Foyle's War *Eagle Day:* The detective faces a dilemma when a murder investigation leads him to the radar station where his son was working on a classified operation.
12.00 M'T **Endeavour** *Fugue:* Morse meets his intellectual match when a serial killer keeps himself one step ahead and leaves cryptic messages.
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition The latest culture and arts news.
8.00 **Back from the Brink** Nature conservation success stories.
9.00 **Mrs Brown's Boys** 1/6. The family await the fruits of their fraud. (S2)
9.30 **Two Doors Down** 6/6. Beth hosts a baby shower for mother-to-be Sophie. (S2)
10.00 **Icons of Style** 2/2. Designers and celebrities from the 1990s to the current day who have shaped Scottish fashion.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Burnistoun** 5/6. Kelly McGlade takes her story to the local newspaper. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S2&3)
9.15 **The Conners** (S2)
10.15 **Veep** 7&8/10. (S2)
11.25 **Ballers** 2&3/10. (S3)
12.35 PM **Curb Your Enthusiasm** (S6)
1.55 **Veep** 7&8/10. (S2)
3.05 **Ballers** 2&3/10. (S3)
4.25 **Crashing** (S2&3)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S2)
7.40 **Curb Your Enthusiasm** 1/10. The Davids take in a homeless family. **8.20** 2/10. Cheryl is disturbed by a stain on a guest-room quilt. (S6)
9.00 **Girls** 7/10. The girls attend a huge party. **9.40** 8/10. Adam invites Hannah to his theatre rehearsal. (S1)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.20 **Barry** 5&6/8. (S1)
12.40 AM **Veep** (S6)
2.05 **Jerrod Carmichael Reality Show**
3.15 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
8.10 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Classic Movies**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
6.30 **Discovering**
8.00 NEW **Douglas Adams: The Man Who Imagined Our Future** A profile. *See feature, page 21.*
9.30 **Discovering Sci-Fi**
11.00 **I Am Steve McQueen**
12.55 AM **The Pilgrimage of Gilbert & George**
2.45 **Urban Myths**
3.45 **No Masks**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Caught on Dashcam**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare UK**
4.00 **Primeval** 6/6. (S1)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S9)
9.00 **Murdered at First Sight**
10.00 **How I Caught the Killer** A seemingly perfect husband who fled the US after killing his family. **11.00** A chilling link between two cold case murders emerges.
12.00 M'T **Grimm** 2/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** Series finale
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm at Christmas**
8.00 **Dinner Date**
9.00 **Million Pound Pawn**
10.00 **Botched** Medical series.
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 3/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 8/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 4-7/25. (S5)
9.00 **Randall and Hopkirk (Deceased)** *A Sentimental Journey:* 19/26. Jeff encounters a beautiful blonde. (S1)
10.00 **The Avengers** *You'll Catch Your Death:* 4/33. Steed and Tara battle a group of rogue scientists trying to sell a deadly invention. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots** New edition Black Dragon is one fight away from breaking a record.
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Minder**
4.50 **The Sweeney**
6.00 **The Chase** Quiz show.

9.00 Wrath of the Titans

7.00 **The Grand Fishing Adventure** Ali and Bobby fish the River Trent for big barbel and have just 24 hours to succeed.

8.00 **Junk and Disorderly** Henry Cole and his partners head off to the Fairford Steam and Classic Car Show.

9.00 FILM **Wrath of the Titans** Fantasy adventure starring Sam Worthington and Rosamund Pike. In Ancient Greece, young hero Perseus strives to rescue his imprisoned father, the god Zeus, from the Underworld. (2012, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **River Monsters** Jeremy Wade investigates a murderous sea creature in Indonesia.
12.00 M'T **Auf Wiedersehen, Pet** Work on the Manor is halted. **1.00** AM The lads camp out.
2.00 **Two and a Half Men**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 24/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 13/26. (S7)
2.00 **Warehouse 13** 20/20. (S4)
3.00 **Stargate SG-1** 12/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 24/26. Geordi is brainwashed into becoming a ruthless killing machine. (S4)

7.00 Warehouse 13

7.00 **Warehouse 13** *The Truth Hurts:* 20/20. The team race to capture Paracelsus before he achieves immortality. (S4)

8.00 **Stargate SG-1** *Line in the Sand:* 12/20. An attack by the Ori puts Teal'c in grave danger. (S10)

9.00 **Grimm** *Once We Were Gods:* 15/22. The mummy of an ancient Egyptian Wesen is stolen. (S3)

10.00 **The Walking Dead** *Coda:* 8/16. Rick tries to find a peaceful agreement to the hostage situation. (S5)

11.00 **The Ark** 3/12. The crew members learn that an asteroid is just hours away from impact with the vessel. **12.00** M'T 4/12. The crew members experience a series of extreme hallucinations. (S1)
1.00 AM **True Blood** 9&10/12. (S2)
3.00 **Monstrous** 2&3/6. (S1)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 12/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 12/20. A popular physiotherapist is found murdered. (S5)
6.00 **Father Brown** *The Blue Cross:* The priest's priceless Blue Cross is targeted by infamous criminal Flambeau.

9.00 Murdoch Mysteries

7.00 **The Mentalist** *Wedding in Red:* 3/22. Jane investigates the killing of a wedding guest in Napa Valley. (S6)

8.00 **White Collar** *All's Fair:* 4/6. A face from Mozzie's past runs another con at his expense. (S6)

9.00 **Murdoch Mysteries** New episode *Welcome to Paradise:* 8/22. Several decomposing bodies are found in a field. (S18)

10.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 24/24. Holmes and Watson hope to finally unmask the criminal mastermind Moriarty. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
9.00 **On the Up**
9.40 **Hi-de-Hi!**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Hi-de-Hi!**

7.40 Dad's Army

7.00 **Only Fools and Horses** Uncle Albert has a nasty fall into the pub cellar.
7.40 **Dad's Army** The platoon are put in charge of manning an observation post on a derelict pier. **8.20** Platoon pensioner Private Godfrey is accused of cowardice.

9.00 **Men Behaving Badly** Tony attempts to make Deborah jealous. **9.35** Gary digs himself into a hole with a drunken proposal.

10.15 **The Fast Show** An actor spends six hours having make-up applied. **10.55** The Ghoul gives a tip for a football match.

11.35 **The Royle Family** Denise and Dave enjoy a booze-fuelled karaoke night at The Feathers.
12.10 AM **Men Behaving Badly**
2.05 **The Fast Show**
3.20 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British dairy products.
6.00 **Rick Stein: From Venice to Istanbul** The chef continues his gastronomic trip, crossing the Adriatic Sea to Croatia.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Michaela Strachan, Jon Richardson, Olivia Colman and Aston Merrygold. **7 PM**
7.40 **Richard Osman's House of Games** With Ade and Beattie Edmondson. **8.20** With Felicity Ward, Ugo Monye, Joe Pasquale and Jennie McAlpine. **8 PM**

9.00 **QI XL** Josh Widdicombe, Susan Calman and Matt Lucas join regular panellist Alan Davies and host Sandi Toksvig. **9 PM**

10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the satirical quiz, with guests Helen Lewis and Munya Chawawa. **10 PM**
11.00 **Taskmaster: Champion of Champions** 1/2. The champions from the first five series return.
12.00 M'T **Mock the Week** With Ed Byrne and Rob Beckett.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** In Aberoer.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** Phil Spencer catches up with three house-hunters.
7.00 **A Place in the Sun**
7.45 **The Great Celebrity Bake Off for Stand Up to Cancer** With Roman Kemp and Maxine Peake.
9.00 FILM **Plane** Action thriller starring Gerard Butler and Mike Colter. (2023, 15, 107min) ★★★
11.05 **Gogglebox**
1.10 AM **24 Hours in A&E**
2.15 **Super Surgeons: A Chance at Life**
3.15 **999: On the Front Line**
4.15 **to 4.45** AM **Devon and Cornwall**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** (S13&14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Nonstop:* 14/24. The death of a petty officer brings the team back into contact with The Sherlocks. **7.00** *What Lies Above:* 17/24. McGee learns the previous occupant of his flat hid an item of value within. **8.00** *MIA:* 18/24. The team re-investigate an apparent accidental death on behalf of a dying sailor. (S14)
9.00 **Blue Bloods** *Blast From The Past:* 19/22. Danny and Baez investigate the robbery crew behind a crime spree. (S6)
10.00 **Law & Order: Special Victims Unit** (S17&18)
1.50 AM **Private Eyes** (S4)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** A van collides with an articulated lorry on the M6 in Wolverhampton.
11.00 **Skin A&E** Documentary.
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM FILM **When the Daltons Rode** Western starring Randolph Scott, Broderick Crawford and Kay Francis. (1940, b/w, PG, 80min) ★★
2.10 FILM **Column South** Western starring Audie Murphy and Joan Evans. (1953, U, 85min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell**
10.00 **Outback Truckers**
11.00 **Air Crash: Disaster Revealed** A 1994 flight for Paris that was hijacked on the ground.
12.05 AM **Doomsday: Caught on Camera**
1.05 **Police Interceptors**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: Homes for Veterans** In Manchester.
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition In part one of the final, the young chefs must create a Michelin star-worthy, three-course menu.
8.00 **Ambulance Australia** Tash helps a woman who is trapped in her car.
9.00 **Hunting Jonbenet's Killer: The Untold Story**
10.50 **Hashtag Murder**
11.50 **Red Flag**
12.50 AM **Inside the Ambulance**
1.50 **to 3.00** AM **The Undateables**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.20 **Classic Casualty**
11.25 **The Bill**
12.25 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective** *The Gentle Giant – Part One:* 5/8. (S1)
9.00 **Bergerac** New episode *Run the Story:* 5/6. A revelation about the night of Cate's murder changes everything. (S1)
■ Entire series on U
10.05 **New Tricks** *Roots.*
11.25 **Bergerac**
12.25 AM **Taggart**
3.00 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** Pembrokeshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Anita Manning and Raj Bisram shop in Norfolk before heading to Essex. **8.00** Anita Manning and Raj Bisram head to Suffolk, Kent and Surrey.
9.00 **My Haunted Hometown** New edition Clayton, North Carolina has a haunting past from its role in the Civil War.
10.00 **The Osbournes Want to Believe**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.40 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Items include pieces by Clarice Cliff and Beswick.
7.00 **Tenable** Warwick Davis. hosts as five family members from Coventry compete in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **The Avengers**
9.10 **FILM Prairie Fever** Western. (2008, PG, 81min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Panhandle** Action Western. (1948, b/w, U, 85min) ★★
3.00 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM General Commander** Thriller starring Steven Seagal. (2019, 18, 85min) ★★
10.55 **FILM Shadow Wolves** Action drama starring Thomas Gibson. (2019, 15, 95min) ★★
1.00 AM **FILM Arctic** Thriller. (2018, 12, 98min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
11.00 **Emergency Rescue: Air, Land & Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Running Away** Thriller. (2017, PG) ★★
3.10 **FILM An Emma Fielding Mystery: Past Malice** Drama. (2018, PG) ★★
5.05 **FILM An Aurora Teagarden Mystery: Last Scene Alive** Drama. (2018, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Wanted** Fantasy thriller. (2008, 18) ★★★
11.20 **FILM American Heist** Crime drama. (2014, 15, 94min) ★★
1.20 AM **FILM Dying for the Crown** (2018, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Dance Night Obsession** Thriller. (2016, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Just the Way You Are** (2015, PG) ★★
10.05 **FILM A Love to Remember** Drama. (2021, PG, 90min) ★★
12.00 NOON **FILM The Wedding Rule** Comedy. (2023, U, 90min) ★★
2.00 PM **FILM For the Love of Chocolate** Comedy. (2021, PG, 85min) ★★
4.00 **FILM Recipe for Love** Comedy. (2014, PG) ★★
6.00 **FILM The Way to the Heart** Comedy drama. (2022, PG, 86min) ★★
8.00 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
9.55 **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
11.55 **FILM Planning for Joy** Comedy. (2022, PG) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM **FILM Sailing into Love** Drama. (2019, PG, 95min) ★★

+1hour 320 63

Rewind TV

182 92

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 2/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 23/36. (S1)
12.00 NOON **Shine on Harvey Moon** 1/9. (S3)
1.00 PM **Fantasy Island** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 7/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 2/9. (S4)
6.00 **Bewitched** 23/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 7/20. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Thriller** 7/10. (S1)
12.55 AM **Space 1999** (S1)
1.55 **Monkey** 8/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Rollo's* captain is furious to discover a miscalculation led the crew to overfish. **8.00** The fleet push operations into overdrive as the end of the season approaches.
9.00 **I Was Bitten** An examination of attacks by snakes and tigers. **10.00** A woman who was attacked by a tiger.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off** A patisserie challenge in the semi-final.
8.30 **Mary Berry's Foolproof Cooking** Some dishes perfect for families.
9.00 **Michel Roux's French Country Cooking**
10.00 **James Martin's Islands to Highlands**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 2/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 2/19. (S5)
11.00 **FILM Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
1.00 PM **FILM The Curse of Frankenstein** Horror. (1957, 12, 83min) ★★★
2.40 **FILM Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
5.00 **Star Trek** 22/26. (S2)
6.00 **T.J. Hooker** 3/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Jigsaw Man** Cold War spy drama. (1983, 15, 91min) ★★
10.55 **FILM The Fourth Protocol** Spy thriller. (1987, 15, 119min) ★★★
1.15 AM **FILM While She Was Out** Crime thriller. (2008, 18, 88min) ★★
3.00 **to 4.45** AM **FILM The Mummy** Hammer horror. (1959, PG, 88min) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM 2021: War of the Worlds** As 5.00pm.
8.00 **Killer Wave** 1&2/4. (S1)
10.00 **Farscape** 8/22. (S3)
11.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
1.00 PM **FILM Apocalypse of Ice** Disaster epic starring Tom Sizemore. (2020, PG, 88min) ★★
3.00 **Farscape** 8/22. (S3)
4.00 **Star Trek** 4/24. (S3)
5.00 **FILM 2021: War of the Worlds** Sci-fi thriller starring Tom Sizemore. (2021, 12, 78min) ★★
7.00 **Farscape** 9/22. (S3)
8.00 **Star Trek** 5/24. (S3)
9.00 **FILM Fugitives** Thriller. starring Dominic Purcell. (2015, 15, 86min) ★★
10.55 **FILM Executive Command** Thriller with Michael Dudikoff. (1997, 15, 95min) ★★
1.00 **to 3.00** AM **FILM Fugitives** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Curse of Skinwalker...**
12.10 PM **The Proof Is Out...**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **Close Encounters**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **UFOs: Lost Evidence**
2.00 **Top 10 Conspiracies**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
9.55 **The Cotswolds with Pam Ayres**
10.55 **Ben Fogle: New Lives in the Wild** Double bill,
12.55 PM **The Yorkshire Vet**
2.50 **Murder, She Wrote**
3.50 **Columbo**
5.45 **Britain's Greatest Bridges** The Clifton Suspension Bridge.
6.00 **Scotland's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Blenheim Palace: Behind the Grandeur**
10.00 **The World's Most Expensive Hotels** A visit to Brown's Hotel in London's Mayfair.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Cotswolds with Pam Ayres**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Christina on the Coast** New edition Christina's parents have decided to remodel her home, but Christina worries their fondness for the past interfere with her plans.
10.00 **The Flip Off** New edition It's time for the final tally as both teams finally finish their exteriors.
11.30 **Flip or Flop**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Property series.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Takeshi's Castle**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 18&19/22. (S4)
1.00 PM **Friends** (S4)
8.00 **Friends** 22/24. Joey loses Ross's wedding ring at the stag party. **8.30** 23/24. Ross sets off for England to marry Emily. (S4)
9.00 **FILM Bad Moms** Comedy with Mila Kunis. (2016, 15, 96min) ★★
11.00 **Amy Schumer: Comedy Central Live**
11.30 **Kevin Hart: Comedy Central Live** Stand-up.
12.00 M'T **8 Out of 10 Cats**
1.00 AM **Whose Line Is It Anyway? USA**
2.00 **South Park** (S7)
2.55 **Ahir Shah: Dots**
3.40 **The Daily Show** New edition Talk show.
4.05 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 9&10/24. (S4)
10.55 **Friends** (S9&10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 9&10/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing** (S4)
9.00 **New Girl** 21/24. Jess agrees to look after Russell's daughter. **9.30** 22/24. Jess witnesses an argument between Russell and his ex-wife Ouli. (S1)
10.00 **Friends** (S3&4)
1.00 AM **The Ren & Stimpy Show** 1&2/6. (S1)
2.00 **The Roast of Rob Lowe**
3.45 **Becker** 9&10/24. (S4)
4.30 **New Girl** 21&22/24. (S1)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 11&12/12. (S2)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 3/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Models**
12.00 NOON **Catfish: The TV Show** Five editions.
5.00 PM **Catfish: Catch of the Day** Reality series.
6.00 **Catfish: The TV Show**
7.00 **Teen Mom UK**
8.00 **Rich Kids Go Skint**
9.00 **Teen Mom: The Next Chapter** Leah tells her daughters about her dad's kidney cancer.
10.00 **FILM Kick-Ass** Comic-book thriller starring Aaron Johnson, Nicolas Cage and Chloë Grace Moretz. (2010, 15, 117min) ★★★★
12.00 M'T **Love & Hip Hop: Atlanta** New edition Spice's content house event ends in disaster.
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of the series.
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **Gold Rush: White Water**
5.00 **Deadliest Catch** With $1 million in crab at stake, the *Wizard* battles the waves, while Jake strikes a bargain.
6.00 **Wheeler Dealers** A rusted 1979 Jeep CJ-7 Renegade rolls into the workshop.

9.00 Naked and Afraid

7.00 **Salvage Hunters** Drew Pritchard barters with a baronet and is given a run for his money by a seasoned scavenger.

8.00 **Hoffman Family Gold** After disappointing results from an ancient riverbed, Todd's team focus on finding premium pay dirt.

9.00 **Naked and Afraid** New edition A series legend joins two new survivalists in the brutal Kentucky backwoods, and deadly copperheads, and violent storms push them to the brink.

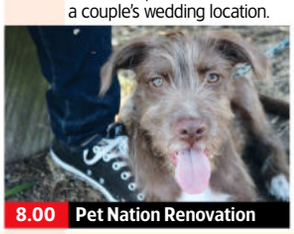
11.00 **Mystery at Blind Frog Ranch** Chad and James set out to research a bar of gold found at the Bead Site.
12.00 M'T **Mountain Monsters**
1.00 AM **Naked and Afraid**
3.00 **Texas Metal** A Chevy C10.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** An exotic fish tank.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Project Grizzly** Double bill.
4.00 **My Cat from Hell** A couple afraid to have a child due to their hostile cat.
5.00 **Lone Star Law** The wardens round up a wily alligator.
6.00 **Tanked** The brothers-in-law build an aquarium based on a couple's wedding location.



8.00 Pet Nation Renovation

7.00 **Pit Bulls & Parolees** Adopters want a puppy Tania rescued at birth, but Tia is unsure he will fit in with their other dog.

8.00 **Pet Nation Renovation** 1/2. Bandit's Adoption and Rescue of K9s in Ashland, Virginia is given a top-to-bottom makeover.

9.00 **Growing Up** Following a year in the lives of baby marsupials being raised by humans in Tasmania.

10.00 **Edge of Alaska** The discovery of Neil's secret construction project causes antagonism amongst the locals.

11.00 **Tiger Shark Beach** Facts about the tiger shark's life cycle.
12.00 M'T **Isle of Jaws: Blood Brothers** A look at the mating grounds of great white sharks.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Hitler's Last Stand**
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures: America's War**
5.00 **Car S.O.S** Fuzz and Tim work to restore an Austin 12.
6.00 **Lost Treasures of Egypt** Archaeologists who are working in Egypt's Valley of the Kings.

9.00 David Blaine: Do Not...

7.00 **Air Crash Investigation** After a maintenance stop, the pilots of Colgan Air 9446 struggle to stay in the air, and nosedive.

8.00 **Car S.O.S** New edition Fuzz Townshend and Tim Shaw take on a wreck of a VW Dune Buggy owned by a father of three.

9.00 **NEW SERIES David Blaine Do Not Attempt** 1/6. Exploring the world through the art of illusion. *See feature, page 11.*

10.00 **Lawless Island** New edition Curly Leach spends some final moments with a very dear old friend.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S** Restoring a 1973 Dennis fire engine.
1.00 AM **Mysterious Islands**
2.00 **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Secrets of Great British Castles** Caernarfon Castle.
5.00 **Pawn Stars** Rick gets a shot at an Eastman Kodak camera.
6.00 **American Pickers**

8.00 Swamp People

7.00 **Forged in Fire** A crucial error sends one smith home, then it all heats up as the remaining three forge a hunting weapon.

8.00 **Swamp People** New edition Troy and Pickle take a calculated risk in the sugarcane fields, where the stakes are high.

9.00 **Forged in Fire** New edition Four teams of expert builders are tasked with making some of the largest and most notorious siege weapons ever seen on the battlefield.

11.00 **Alien Files: Unsealed** The possibility of life on Mars. **11.30** A look into the vast distances in space.
12.00 M'T **Paranormal Survivor**
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Combat Ships**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **The Lakes with Simon Reeve** As shown at 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **World War Two from Above**
6.00 **Antiques Roadshow** Fiona Bruce presents a second visit to Eltham Palace and explores the 1930s art deco wing.

9.00 Dream Car Fixers

7.00 **Our Guy in Japan** 1/2. Guy Martin embarks on a journey across Japan to learn more about what keeps the country going.

8.00 **Bangers & Cash** New edition Jack and Amy collect motorbikes from a widow in the north east of England.

9.00 **Dream Car Fixers** Series finale Sheldon and Peter have their work cut out as they attempt to restore a Porsche 944.

10.00 **Bangers & Cash** A vivid Dutch DAF 66 in daffodil yellow lands at the North Yorkshire showroom.

11.00 **Find It, Fix It, Flog It** In York, Simon O'Brien gets into deep water when he tries to restore an aluminium boat.
12.00 M'T **The Lakes with Simon Reeve** The adventurer explores the rugged coast of Cumbria.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Crystal Hunters** Patrick and Kirsty search for rare Aquamarine crystals.
9.00 **Outback Opal Hunters** New edition When the excavator breaks down, Mark comes up with a solution that ends up costing a small fortune.
10.00 **The Ultimate Cycling Show** New edition A guide to bike racing on the track, road and in the mountains.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Love, Honor, Betray** True-crime.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition Desiray is trapped in a living hell.
10.00 **Evil Lives Here**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Erica Vassell.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** The murders of Roger and Josie Hartland.
8.00 **48 Hours** New edition Cyclist Moriah Wilson's friend found she had been shot multiple times.
9.00 **Fatal Attraction** New edition When Paul Shealey is found shot in the head, there's no shortage of suspects.
10.00 **Bloodline Detectives** New edition Forensic science is used to solve the murder of Melissa Lee, which has baffled detectives since 1993.
11.00 **Handsome Devils**
12.00 M'T **Murder: First on Scene** True-crime.
1.00 AM **Fatal Attraction**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Double bill.
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** Double bill.
4.00 **Medical Detectives** A wealthy real-estate tycoon is murdered. **4.30** Police suspect foul play when they arrive at the scene of a car crash. **5.00** Police on both sides of the border investigate when a US tourist is killed in Mexico. **5.30** Evidence is washed away from two victims in an irrigation canal. **6.00** The police struggle to solve the case of a banker's kidnapped wife. **6.30** Police discover how behavioural profiling can be misleading.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Ireland's Most Evil Killers** Documentary.
10.00 **Murdered at First Sight**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Ambassadors in Berlin: Whistleblowers of WWII** Documentary.
9.20 **American Dynasties: The Kennedys**
10.15 **War Machine: World...**
11.20 **Spy Ops** Documentary.
12.00 NOON **Dying Democracies: Europe...**
1.00 PM **America the...**
1.35 **American Dynasties: The Kennedys**
2.35 **Dying Democracies...**
3.35 **War Machine: World...**
4.40 **Spy Ops** Documentary.
5.25 **Dying Democracies...**
6.25 **American Dynasties: The Kennedys**
7.20 **War Machine: World War II** Series finale
8.30 **Spy Ops** New edition
9.15 **Dying Democracies: Europe in Decline** Series finale
10.20 **America the Bountiful**
10.55 **War Machine: World...**
12.00 M'T **Spy Ops**
12.50 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Spector** As 7.00pm.
11.00 **The Man Who Played with Fire**
12.00 NOON **FILM Apollo 11** Documentary made to celebrate the 50th anniversary of the first moon landing. (2019, U, 93min) ★★★★★
1.50 PM **My Icon: Shaun Gayle**
2.00 **The Last Rider**
4.00 **The Directors**
5.00 **Discovering: Kevin Costner**
6.00 **The Vietnam War**
7.00 **Spector** 3/4. Phil Spector assembles his defence team.
8.00 **The Body Next Door** 1-3/3. Documentary series about a mysterious death in the South Wales Valleys.
11.00 **Tony Hawk: Until the Wheels Fall Off** Documentary.
1.30 AM **Quad Gods**
3.10 **A Revolution on Canvas**
5.00 **to 6.00** AM **Discovering: Kevin Costner**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **Extreme Snakes: Australia**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **The Wadden Sea**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Waterworld Africa**
9.00 **Colombia's Wild Coast** The remote island of Gorgona.
10.00 **Brazil Untamed** A profile of the jaguar, the largest cat in all of the Americas.
11.00 **The Wadden Sea**
12.00 M'T **Extreme Snakes: Australia**
1.00 AM **Evolution Earth**
2.00 **Waterworld Africa**
3.00 **Colombia's Wild Coast**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Celts: The Untold Story**
2.00 **Digging for Britain**
3.00 **Lost Cities of the Trojans**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **Ghost Ships** The Ghost Ship of Northumberland Strait.
9.00 **Holy Marvels with Dennis Quaid** Speculation about how the world will end.
10.00 **History's Greatest Mysteries** Laurence Fishburne explores the discovery of a body on a beach in Adelaide in 1948.
11.00 **Caesar's Doomsday War**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Instruments of Death**
4.00 **UFO Encounters UK**
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad with...**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad with Will Mellor** Mark Standen.
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Homicide Squad: New Orleans** New edition
10.00 **Ozark Law** New edition
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Homicide Squad: New...**
2.00 **Ozark Law**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Pacific Ocean Paradise**
3.00 **Ocean's Breath**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa**
8.00 **Ark of Stone: The Voyage of Sardinia** A look at how Sardinia broke away from Europe 40 million years ago.
9.00 **Last of the Giants: Wild Fish** Cyril and the team help save French Polynesia's giant trevally.
10.00 **Ice Road Rescue** Thord tries to tow out a car that crashed into a field after a snowstorm. **11.00** A 10-man team must recover a capsized trailer.
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Storming Area 51**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** A series of strange animal deaths and UFO sightings brings Chuck and the team to Colorado.
8.00 **Storming Area 51** Joe and Emmett Hayes head to Nevada to investigate the pandemonium of storming Area 51.
9.00 **Salvage Hunters: Classic Cars** Paul wants to buy a Citroën DS for £6,500, but Drew has major reservations.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Where There's a Will:* CID follow up on a burglary in which the stolen items were returned to the owner. **5.30** *Near the Knuckle:* WPC Datta investigates a domestic between a prominent couple. **6.00** *Body Language:* Stamp and Stringer give chase to a group of youths. **6.30** *When Did You Last See Your Father?* Hollis attends an accident involving a school bus.
7.00 **Top of the Pops** Triple bill featuring studio performances, videos and celebrity interviews.
9.00 **The Brokenwood Mysteries** *Dog Day Morning:* 3/6. Mike and his team investigate the murder of the Brokenwood Savings Bank manager. (S7)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.45 **Abandoned Engineering**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Calls from the Inside**
9.00 **The Killer Beside Me**
11.00 **Evil Lives Here**
1.00 PM **Homicide City**
3.00 **Murder in the Heartland**
5.00 **Love the Way You Lie**
6.00 **Web of Lies**
7.00 **The Perfect Murder** The case of 42-year-old Raquel Calderin. **8.00** Focusing on the case of car dealer Christopher O'Brien.
9.00 **Murder in the Heartland** A cattle rancher turns up dead in his home in North Dakota.
10.00 **Born Evil: The Serial Killer & the Saviour** Detectives take Hadden and Jesus on road trips to hunt for bodies and clues.
11.00 **Fallen Idols: Nick & Aaron Carter** Double bill of editions.
1.00 AM **Killer Instinct with Chris Hansen** Focusing on the deaths of two grandparents.
2.00 **Love the Way You Lie**
3.00 **Web of Lies**
4.00 **to 6.00** AM **The Perfect Murder**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** The Cogs go international restoring an iconic 1970s motorbike.
9.00 **Iron Resurrection** A customer entrusts Martin Bros with his prized 1965 Buick Riviera.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

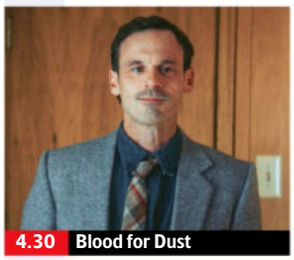
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.05 AM **Noah's Ark** Animated adventure. (2024, U, 96min)
8.45 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
10.30 **It Ends with Us** As 8.00pm.
12.50 PM **The Good Half** Drama. (2023, 15, 96min) ★★★
2.35 **Fight or Flight** As 10.20pm.
4.30 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
6.15 **The Wasp** Psychological thriller. (2024, 15, 96min) ★★★★



4.30 Blood for Dust

8.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Skincare** Comedy thriller. (2024, 18, 86min) ★★★
1.50 **MaXXXine** Horror thriller. (2024, 18, 110min) ★★★
3.50 **to 7.00** AM **Horizon: An American Saga – Chapter 1** Western. (2024, 15) ★★★★

Sky Cinema Hits

303 403 503 517

6.05 AM **The Shamrock Spitfire** Biopic. (2024, 12) ★★★
8.05 **The Secret Kingdom** (2023)
9.50 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
11.50 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
1.45 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
3.45 **Ferrari** Biopic. (2023, 15) ★★★
6.00 **Lee** Biopic with Kate Winslet. (2023, 15, 117min) ★★★

6.00 Lee

8.00 Oppenheimer Christopher Nolan's epic biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and bring World War Two to an end. With Robert Downey Jr, Emily Blunt and Matt Damon. (2023, 15, 180min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **One Life** Fact-based historical drama starring Anthony Hopkins and Johnny Flynn. (2023, 12, 105min) ★★★★
1.00 AM **The Wolf of Wall Street** Martin Scorsese's fact-based drama starring Leonardo DiCaprio and Jonah Hill. (2013, 18, 176min) ★★★★
4.10 **to 6.00** AM **The Secret Kingdom** Fantasy adventure starring Sam Everingham. (2023, PG, 98min) ★

Sky Cinema Drama

310 410 510 524

6.05 AM **The Integrity of Joseph Chambers** As 12.10am.
7.50 **Charming the Hearts of Men** Historical romantic drama. (2021, 12, 107min) ★★★
9.50 **Der Kaiser** Biopic of German football star Franz Beckenbauer. (2022, PG, 105min) ★★★
11.50 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
2.10 PM **Goodbye Bafana** Fact-based drama with Joseph Fiennes. (2007, 15, 118min) ★★★
4.15 **Save the Cinema** Fact-based drama. (2021, 12, 109min) ★★★
6.15 **A Sacrifice** Drama starring Eric Bana, Sylvia Hoeks and Sadie Sink. (2024, 15, 94min) ★★★
8.00 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
10.20 **Manodrome** Thriller starring Jesse Eisenberg and Adrien Brody. (2023, 15, 96min) ★★★
12.10 AM **The Integrity of Joseph Chambers** Drama with Clayne Crawford and Jordana Brewster. (2022, 15, 96min) ★★★
2.00 **Jesus Revolution** Drama. (2023, 12, 120min) ★★★
4.10 **to 6.10** AM **Whiplash** Drama. (2014, 15, 106min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.40 AM **If You Were the Last**
9.25 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
11.35 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★
2.00 PM **World War Z** Apocalyptic thriller. (2013, 15, 116min) ★★★★
4.20 **The Woman in Black: Angel of Death** Horror thriller sequel. (2014, 15, 95min) ★★★
6.10 **Gothika** Horror chiller starring Halle Berry and Penélope Cruz. (2003, 15, 98min) ★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
12.55 AM **Monolith** Mystery thriller. (2022, 15, 90min) ★★★
2.40 **If You Were the Last** Sci-fi romantic comedy starring Anthony Mackie and Zoe Chao. (2023, 15, 92min) ★★★★
4.25 **to 6.25** AM **Dorian Gray** Horror drama. (2009, 15, 112min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.20 AM **The Hobbit: An Unexpected Journey** (2012)
10.10 **The Hobbit: The Desolation of Smaug** As 6.15pm.
12.55 PM **The Hobbit: The Battle of the Five Armies** As 9pm.
3.25 **The Hobbit: An Unexpected Journey** As 11.30pm.
6.15 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy starring Martin Freeman and Ian McKellen. (2013, 12, 161min) ★★★★

9.00 The Hobbit: The Battle...

The Hobbit: The Desolation of Smaug (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Hobbit: The Battle of the Five Armies** Conclusion of the fantasy adventure trilogy starring Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. With Richard Armitage, Ian McKellen and Orlando Bloom. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's novel, starring Martin Freeman, Ian McKellen and Richard Armitage. (2012, 12, 165min) ★★★
2.25 AM **The Hobbit: The Desolation of Smaug** (2013)
5.15 **to 7.50** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Action

307 407 507 521

7.30 AM **Saving Private Ryan** Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★
10.30 **The Flash** As 2.20am.
1.05 PM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
3.30 **Mission: Impossible** Action thriller starring Tom Cruise. (1996, PG, 110min) ★★★
5.30 **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★

5.30 Wonder Woman

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens and Ioan Gruffudd. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Mission: Impossible II** Action thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. (2000, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Hero** Chinese adventure. (2002, 12, 99min) ★★★★
2.20 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★★
4.55 **to 6.55** AM **Bloodshot** Sci-fi thriller. (2020, 12, 109min) ★★

Sky Cinema Comedy

308 408 508 522

7.20 AM **Moving On** Comedy. (2022, 15, 85min) ★★★
8.50 **Big Daddy** (1999, 12) ★★★
10.30 **Bowfinger** (1999, 12) ★★★★
12.15 PM **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
1.55 **The Holdovers** Comedy drama. (2023, 15, 133min) ★★★★★
4.15 **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★
6.15 **The Invention of Lying** Comedy. (2009, 12) ★★★★

8.00 Ride Along

8.00 **Ride Along** Comedy with Ice Cube and Kevin Hart. A tough cop takes his sister's boyfriend with him on duty, leading to an encounter with the city's most wanted criminal. (2014, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Ride Along 2** Comedy sequel starring Ice Cube and Kevin Hart. A beat cop is recruited by his fiancée's detective brother to help bring a drug dealer to justice. (2016, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Fear and Loathing in Las Vegas** Terry Gilliam's adaptation of Hunter S Thompson's book. (1998, 18, 119min) ★★★★
1.35 AM **Movie 43** Comedy sketches. (2013, 15, 90min) ★
3.20 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
5.05 **to 7.10** AM **BlackBerry** Comedy drama starring Glenn Howerton and Jay Baruchel. (2023, 15, 120min) ★★★★

Sky Cinema Gangsters

309 409 509 523

6.35 AM **Absolution** Crime thriller. (2024, 15, 112min) ★★★
8.30 **Jackie Chan's Police Story**
10.15 **Snatch** (2000, 18) ★★★★
12.00 NOON **Bad Boys for Life** Action comedy thriller sequel. (2020, 15, 124min) ★★★
2.05 PM **Once Upon a Time in Mexico** (2003, 15) ★★★
4.00 **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★★
6.05 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★

8.00 Miami Vice

8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell and Jamie Foxx. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. (2006, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster epic starring Al Pacino as Michael Corleone, now an ageing businessman trying to put his criminal days behind him. With Diane Keaton. (1990, 15, 162min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.05 AM **Boxcar Bertha** Crime drama. (1972, 18, 88min) ★★★
2.40 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
4.25 **to 6.10** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **23 Paces to Baker Street** Thriller. (1956, PG) ★★★
1.10 PM **Comanche Station** Western. (1960, PG) ★★
2.45 **Sink the Bismarck!** World War Two naval drama. (1959, b/w, U, 97min) ★★★
4.45 **The Ghost and Mrs Muir** Supernatural comedy. (1947, b/w, U, 104min) ★★★★
6.50 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★

6.50 Footloose

Footloose (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Copshop** Thriller starring Gerard Butler and Frank Grillo. On the run from an assassin, a wily con artist devises a scheme to hide out inside a small-town police station. With Alexis Louder and Toby Huss. (2021, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **On the Road** Road movie drama based on Jack Kerouac's classic novel, starring Sam Riley. In the late-1940s, an aspiring writer finds inspiration from a series of reckless road trips across the US. (2012, 15, 121min) ★★
1.55 **to 3.45** AM **Race with the Devil** Horror with Peter Fonda. (1975, 15, 88min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

6.30 AM **O Brother, Where Art Thou?** As shown at 4.10pm.
8.20 **The Boy in the Striped Pyjamas** As shown at 4.05am.
10.00 **The Saint** As 5.45am.
12.05 PM **Fast Times at Ridgemont High** Cult teen comedy. (1982, 18, 90min) ★★★★★
1.45 **Catch Me If You Can** Steven Spielberg's fact-based adventure. (2002, 12, 141min) ★★★★★

4.10 **O Brother, Where Art Thou?** Offbeat period comedy. (2000, 12, 106min) ★★★★
6.00 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
8.00 **The Bourne Supremacy** Thriller sequel starring Matt Damon. (2004, 12, 108min) ★★★★
9.50 **The Bourne Ultimatum** Spy thriller sequel with Matt Damon. (2007, 12, 115min) ★★★★
11.50 **The Bourne Legacy** Spy thriller sequel. (2012, 12, 129min) ★★★

2.05 AM **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
4.05 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
5.45 **to 7.45** AM **The Saint** Thriller spin-off. (1997, 12, 116min) ★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Game of Death** As 4.40am.
7.55 **Iron Monkey** As 3.05am.
9.40 **Once Upon a Time in China** Epic martial arts adventure. (1991, 15, 120min) ★★★★★
12.05 PM **Friendship's Death** (1987)
1.35 **Back to the Future** Fantasy. (1985, PG, 115min) ★★★★★
3.45 **Star Trek III: The Search for Spock** Sci-fi adventure sequel. (1984, PG, 105min) ★★

5.45 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
8.00 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox. (1989, PG, 107min) ★★★
9.50 **John Wick** Action thriller starring Keanu Reeves, Michael Nyqvist and Willem Dafoe. (2014, 15, 101min) ★★★★
11.35 **John Wick: Chapter 2** Action sequel starring Keanu Reeves. (2017, 15, 122min) ★★★★

1.45 AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★
3.05 **Iron Monkey** Martial arts thriller. (1993, 12, 90min) ★★★
4.40 **to 6.25** AM **Game of Death** Martial arts thriller with Bruce Lee. (1978, 18, 82min) ★★★

Sky Cinema Animation

305 412 500 514

6.00 AM **The Inventor** As 11.05pm.
7.45 **PAW Patrol: The Mighty Movie** Animation. (2023, U) ★★★
9.15 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
11.05 **Boonie Bears: Guardian Code** Animated family adventure. (2023, PG, 96min) ★★★
12.40 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★

2.30 **Extinct** Animated adventure. (2021, U, 84min) ★★★
4.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
5.50 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.25 **The Prince of Egypt** Animation. (1998, U, 99min) ★★★★
9.20 **Curious George** Animated adventure with the voices of Will Ferrell and Drew Barrymore. (2006, U, 87min) ★★★★
11.05 **The Inventor** Animation. (2023, PG, 100min) ★★★

1.00 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
2.25 **Maya the Bee** (2014, U) ★★
4.10 **Cinema List: Family Favourites**
4.25 **to 6.30** AM **Deep Sea** Animation. (2023, PG) ★★★

Movies 24

312 419

7.00 AM **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
9.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
3.00 **A Royal Runaway Romance** Romantic comedy drama. (2022, PG, 84min) ★★

5.00 **Pumpkin Everything** Romantic comedy drama starring Taylor Cole. (2022, PG, 84min) ★★
7.00 **Love Hacks** Romance starring Annie Clark and Romaine Waite. (2022, PG, 90min) ★★
9.00 **Wedding of a Lifetime** Romantic comedy starring Jonathan Bennett and Brooke D'Orsay. A couple who have decided to go their separate ways are nominated by their families for a TV wedding contest. (2022, PG, 84min) ★★

11.00 **Love, Fashion, Repeat** Comedy. (2022, PG, 89min) ★★
1.00 AM **The Wedding Contest** Comedy. (2023, PG, 88min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Sherlock Holmes** (S1)
6.35 **Mrs Pym of Scotland Yard** Mystery. (1940, b/w, PG) ★★★
7.50 **Return of a Stranger** Thriller. (1937, b/w, PG, 70min) ★★
9.15 **The Hi-Jackers** Crime drama. (1963, b/w, U, 63min) ★★
10.35 **Murder at 3am** Mystery. (1953, b/w, PG, 60min) ★★
11.50 **No Way Back** Crime drama. (1949, b/w, PG, 75min) ★★★

1.20 PM **The Flemish Farm** World War Two drama with Clive Brook. (1943, b/w, PG, 82min) ★★
3.00 **Crown Court** Triple bill.
4.30 **Jane Eyre** Classic drama starring Samantha Morton.
6.45 **Talking Pictures with Timothy West CBE** Timothy talks to Mike Read about his career.
7.30 **The Cheaters** 3/12. (S1)
8.00 **The Brothers** 2/13. (S6)
9.05 **Travelling Man** 1/6. (S1)
10.10 **The Gold Robbers** 5/13. (S1)
11.15 **The Glass** 2/6. (S1)

12.20 AM **A Rage to Live** Melodrama starring Suzanne Pleshette. (1964, 15, 101min) ★★★
2.25 **Second Best Bed** Comedy. (1938, b/w, PG, 74min) ★★★
4.00 **Forces' Sweetheart** Comedy. (1953, b/w, U, 72min) ★★
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 LIVE **DP World Tour Golf** The first day of the Hero Indian Open at DLF Golf and Country Club.
12.30 PM LIVE **PGA Tour Golf** Coverage of the first day of the Texas Children's Houston Open.
2.00 LIVE **Indian Premier League Sunrisers Hyderabad v Lucknow Super Giants.** Coverage of the T20 match from Rajiv Gandhi International Cricket Stadium.
6.00 **Sports Centre**
7.00 LIVE **Premier League Darts** Coverage of night eight from Utilita Arena Newcastle, featuring the quarter-finals, semi-finals and final all in one night.
11.00 LIVE **WTA & ATP Tennis** The men's quarter-finals on day 10 of the Miami Open.
1.00 AM LIVE **WTA & ATP Tennis** The women's semi-finals on day 10 of the Miami Open.
3.00 LIVE **NCAA Basketball** Coverage of the Sweet Sixteen matches in the East and West regional sections of the NCAA college basketball tournament.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Another chance to see Arsenal v Everton from 1998.
5.00 **Premier League Best Goals** A selection of incredible strikes during the 2020/21 season.
6.00 **Premier League 100: Peter Schmeichel** A look at the career of the former goalkeeper.
6.30 **Premier League 100 Club** Ian Wright charts his career.
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at the 1993/94 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2015/16 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2017 final.
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Aston Villa v Man United.
1.30 **EFL Highlights** Recent action.
3.00 **WSL** West Ham v Tottenham.
3.30 **SWPL Cup** Hibernian v Rangers.
4.00 **EFL Highlights** Championship.
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights** Championship.
7.30 LIVE **EFL Leyton Orient v Stevenage.** Coverage of the League One match staged at Gaughan Group Stadium, as the teams meet for the third time this season. Kick-off **8.00pm**.
10.30 **EFL Highlights** Championship.
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **Craig Brown: My Scotland**
12.30 AM **Best SPFL Goals 2023/24**
1.00 **Best SPFL Goals 2022/23**
1.30 **Best SPFL Goals 2021/22**
2.00 **SPFL Highlights** Recent action.
2.15 **SPFL Greatest Games**
3.15 **SPFL Highlights** Recent action.
4.15 **SPFL Greatest Games**
5.15 **SPFL Highlights** Recent action.
5.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Recent action from India.
10.10 **Ashes Greats** Action from 2001.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent highlights.
1.50 PM LIVE **Indian Premier League Sunrisers Hyderabad v Lucknow Super Giants.** Coverage of the T20 match from Rajiv Gandhi International Cricket Stadium. This fixture last season saw the hosts hammer their opponents by 10 wickets in a dominant performance. The Super Giants made what turned out to be a modest total of 165-4 in their 20 overs, before Travis Head smashed 89 not out from just 30 balls to lead the Sunrisers to victory with 62 balls to spare.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Highlights from Rajasthan Royals v Kolkata Knight Riders. **8.00** Sunrisers Hyderabad v Lucknow Super Giants.
9.00 **IPL** Recent action from India.
1.00 AM **IPL** Sunrisers Hyderabad v Lucknow Super Giants.
5.10 **Ashes Greats** Action from 2001.
5.30 **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
6.30 **PGA Tour: The Cut**
7.00 **Tour Golf Highlights** Action from the Delhi Challenge.
7.30 LIVE **DP World Tour Golf** Coverage of the opening day of the Hero Indian Open staged at DLF Golf and Country Club in Gurgaon, where Japan's Keita Nakajima claimed victory last year.
12.30 PM LIVE **PGA Tour Golf** Coverage of the first day of the Texas Children's Houston Open from Memorial Park Golf Course.
11.00 LIVE **LPGA Tour Golf** Day one of the Ford Championship presented by Wild Horse Pass at Whirlwind Golf Club in Arizona.
1.00 AM **PGA Tour Champions Learning Centre**
1.30 **Tour Golf Highlights** Action from the Delhi Challenge.
2.00 **Ladies European Tour Golf**
3.00 **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Recent action.
12.00 NOON **ATP Tour This Week**
12.30 PM **Tennis** The Miami Open.
4.30 LIVE **Tennis** The Miami Open men's quarter-finals on day 10 from Miami Gardens in Florida.
7.00 LIVE **Tennis** The Miami Open women's semi-finals on day 10.
10.00 LIVE **Tennis** The Miami Open men's quarter-finals on day 10.
1.00 AM LIVE **Tennis** Coverage of the women's semi-finals on day 10 of the Miami Open.
3.00 **Mirra Andreeva Podcast 2024**
3.15 **Bitesize Tennis** Highlights.
3.45 **Tim Henman Podcast 2024**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Cycling** Recent action.
8.00 **TNT Sports Reload**
8.15 LIVE **AFL Essendon Bombers v Port Adelaide Power.** From Melbourne. Bounce-up **8.30am**.
11.15 **Premier League Stories**
11.45 **Discovery Golf**
12.15 PM **Cycling** Recent action.
2.15 LIVE **Cycling** Coverage of stage four of the Tour of Catalunya.
4.15 **TNT Sports Reload**
4.30 **Discovery Golf**
5.00 **NBA Action** Highlights.
5.30 **Classic Premier League**
6.00 **Premier League Stories**
6.30 **Premier League: Big Interview**
7.00 **A-League Women Highlights**
7.30 LIVE **UEFA Women's Champions League Chelsea v Manchester City.** The quarter-final second-leg. Kick-off **8.00pm**.
10.00 **The Pioneers** Eden Hazard.
10.15 **Champions League Goals**
10.30 **NBA** Suns v Celtics.
12.00 M'T LIVE **NBA Oklahoma City Thunder v Memphis Grizzlies.** At Paycom Centre. Tip-off **12m't**.
2.30 AM **NBA Action** Highlights.
3.00 **Women's Champions League**
5.00 **to 6.00** AM **Triathlon T1 World Cup**

TNT Sports 2

411 871 522 409 431

6.00 AM **Ultimate Pool**
7.30 **Discovery Golf**
8.00 **Alpine Skiing** In Sun Valley.
9.00 LIVE **Ski Jumping** The HS240 ski-flying qualifying session.
10.15 **The Rugby Review**
11.00 **SailGP Highlights**
12.00 NOON **UEFA Women's Champions League**
2.00 PM **Discovery Golf**
2.30 **MLB: Off the Bat**
3.00 LIVE **Alpine Skiing** Coverage from run one of the women's and men's slalom in Sun Valley, Idaho.
5.00 **What I Wore: Best Of**
5.30 **MLB: Off the Bat**
6.00 LIVE **Alpine Skiing** Coverage from run two of the women's and men's slalom in Sun Valley, Idaho.
8.00 **TNT Sports Cricket Reload**
8.30 **Freestyle Skiing** In Engadin.
9.00 **Alpine Skiing** From Idaho.
11.00 **WRC Review** Safari Rally Kenya.
12.00 M'T **A-League Women**
12.30 AM **TNT Sports Cricket Reload**
12.45 **The Rugby Review**
1.30 **HSBC SVNS Highlights**
2.30 **to 6.00** AM LIVE **HSBC SVNS** The first session on the first day of the fifth round of the season at Kai Tak Sports Park in Hong Kong.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **NRL** Melbourne Storm v Penrith Panthers in the 2024 Grand Final.
10.00 **NRLW** Action from Sydney Roosters v Cronulla-Sutherland Sharks in the 2024 Grand Final.
11.00 **Fight Night International**
12.00 NOON **Good Morning Football**
2.00 PM **Super League Highlights**
3.00 **Fight Night International** Emanuel Navarrete v Oscar Valdez from December 2024.
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **NBC's Pro-Football Talk**
7.30 LIVE **Super League Castleford Tigers v Hull FC.** Coverage of the match from the sixth round of fixtures at Mend-a-Hose Jungle. Kick-off **8.00pm**.
10.15 **Super League Highlights**
11.00 **The Insiders** The latest news covering all 32 NFL teams.
12.00 M'T **Super League Highlights**
1.00 AM **Super League** A chance to see Castleford Tigers v Hull FC.
3.45 **My Icon** Duke McKenzie.
4.00 **Super League Highlights**
4.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **Sports Centre**
7.00 LIVE **Premier League Darts** Night eight of the tournament at Utilita Arena Newcastle, with a format featuring quarter-finals, semi-finals and a final all in one night. Unlike most rounds in this competition, the quarter-final draw for tonight's event will take place after night seven in Cardiff and will be based on the league table coming into this round.
11.00 LIVE **NCAA Basketball** Coverage of the Sweet Sixteen matches in the East and West regional sections of the NCAA college basketball tournament, staged at Prudential Centre in Newark, New Jersey and Chase Centre in San Francisco, California. The winners of today's matches progress to the Elite Eight on Saturday, and will be just one step away from the prestigious Final Four.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **My Icon** Martin Offiah.
6.15 **Top Rank Boxing Archive**
7.30 **My Icon** Martin Offiah.
7.45 **Fight Night International**
8.45 **State of Origin Rugby League**
11.45 **My Icon** Martin Offiah.
12.00 NOON **Fight Night International**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International**
10.00 **The Rugby Championship** Australia v South Africa in 2024.
12.00 M'T **Top Rank Boxing Archive**
2.15 AM **My Icon** Pam Cookey.
2.30 **Fight Night International**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Champions League**
8.00 **A-League Women Highlights**
8.30 **T20 International Cricket**
9.30 **T20 Cricket Highlights**
10.30 **Classic Premier League**
11.00 **Fishing: On the Bank**
12.00 NOON **V8 Supercars Highlights**
2.00 PM LIVE **Cycling** The women's Classic Brugge de Panne.
4.30 **The Rugby Review**
5.15 **Champions League Goals**
5.30 LIVE **UEFA Women's Champions League Barcelona v VfL Wolfsburg.** The quarter-final second-leg. Kick-off **5.45pm**.
7.45 **Conference League Goals**
8.00 **Cycling** Recent action.
10.00 **The Rugby Review**
10.45 **TNT Sports Reload**
11.00 LIVE **MLB Los Angeles Dodgers v Detroit Tigers.**
2.15 AM **MLB: Off the Bat**
2.45 **TNT Sports Reload**
3.00 **WRC Review** Safari Rally Kenya.
4.00 **to 6.00** AM **V8 Supercars**

TNT Sports 4

414 876 524 411 434

6.00 AM **Classic Premier League**
7.00 **V8 Supercars Highlights**
9.00 **WRC Review** Safari Rally Kenya.
10.00 LIVE **Freestyle Skiing** From Engadin in Switzerland.
11.15 **TNT Sports Reload**
11.30 **Ultimate Pool** Recent action.
1.00 PM **Women's T20 International Cricket**
2.00 **T20 Cricket Highlights**
3.00 **Classic Premier League**
3.30 **SailGP Highlights**
4.30 **Women's T20 International Cricket** New Zealand v Australia.
5.30 **T20 Cricket Highlights**
6.30 **MLB: Off the Bat**
7.00 LIVE **MLB New York Yankees v Milwaukee Brewers.** The inter-league match from Yankee Stadium. Start-time **7.05pm**.
10.15 **AFL** Bombers v Power.
12.15 AM **UFC** Edwards v Brady.
3.15 **TNT Sports Reload**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **SailGP Highlights**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **World Surf League**
8.00 **LaLiga Highlights**
9.00 **URC in 60** Recent action.
10.00 **NASCAR Highlights**
11.00 **LaLiga Specials**
12.00 NOON **Transworld Sport**
1.00 PM **Indy Autonomous Challenge**
1.30 **NHL on the Fly**
2.00 **Football** Highlights and features.
3.00 **URC in 60** Recent action.
4.00 **Motorsport Highlights**
5.55 LIVE **Swedish Hockey League** The third quarter-final.
8.30 **Top 14 Rugby Union**
9.00 **Football** News and previews.
10.00 **World Surf League**
11.00 **NASCAR Highlights**
12.00 M'T **Transworld Sport**
1.00 AM **Asian Le Mans Series**
2.00 **Sporting Countdowns**
2.30 LIVE **NHL Ice Hockey San Jose Sharks v Toronto Maple Leafs.** Face-off **2.30am**.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Villarreal v Real Madrid.
10.00 **Football's Greatest**
11.00 **NHL Ice Hockey** Toronto Maple Leafs v Philadelphia Flyers.
1.00 PM **Top 14 Rugby Union**
3.00 **Football's Greatest**
3.30 **United Rugby Championship** A replay of Dragons v Ulster.
5.30 **GP Confidential**
6.00 **Viva LaLiga** The latest news.
7.30 **LaLiga** Mallorca v Espanyol.
9.30 **GP Confidential** A look at all the latest Formula One news.
10.00 **NHL Tonight** Highlights from the previous evening's NHL action.
11.00 LIVE **NHL Ice Hockey Tampa Bay Lightning v Utah Hockey Club.** Coverage of the inter-conference match from Amalie Arena. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **FIM Sidecarcross**
3.30 **United Rugby Championship**
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** From China.
9.00 **Indycar** Action from California.
10.00 **F1 Academy Highlights**
12.00 NOON **F1 Academy: Weekend Wrapped** Chinese Grand Prix.
12.30 PM **Formula 1** The Chinese Grand Prix sprint qualifying. **1.30** Action from the Chinese Grand Prix sprint race in Shanghai. **2.30** The Chinese Grand Prix.
4.45 **Ted's Notebook**
5.15 **F1 Academy: Weekend Wrapped** Chinese Grand Prix.
5.45 **Jenson & the FW22: Extended**
6.00 **Indycar** Highlights from the Thermal Club IndyCar Grand Prix.
7.00 **F1 Academy Highlights**
9.00 **Formula 1** Chinese Grand Prix.
10.00 **Ted's Notebook**
10.30 **Indycar** Action from California.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Friday

28 March

Evening Planner

Crime Drama

Beyond Paradise
BBC1, 8pm
Following their crossover sketch with *Not Going Out* on Comic Relief, it's business as usual for Humphrey and Martha.

Documentary

My Brain: After the Rupture
BBC2, 9pm
Following the recovery of broadcaster and musician Clemency Burton-Hill after suffering a brain haemorrhage in 2020.

OnDemand

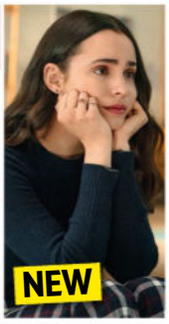
Disney+

Alexander and the Terrible, Horrible, No Good, Very Bad Road Trip
Available today
Eva Longoria stars.

OnDemand

NETFLIX

The Life List
Available today
Sofia Carson (*Carry-On*) stars as Alex, who sets out to complete her teenage bucket list after her mother's death.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 The Travelling...	8.00 Beyond Paradise		9.00 Death in Paradise		10.00 News; Local News	
	102 BBC2	7.00 Great British Menu: Banquet Special		8.00 Gardeners' World		9.00 My Brain: After the Rupture			10.30 Newsnight
	103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Beat the Chasers – Celebrity Special		10.00 News; Local News	
	104 CHANNEL 4	7.00 News	7.30 Unreported...	8.00 One Question		9.00 Gogglebox		10.00 The Last Leg	
	105 5	7.00 Isle of Wight: Jewel of the South		8.00 The Hotel Inspector		9.00 The Flatshare			
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League Of Their Own: The Rally		9.00 An Idiot Abroad 2		10.00 Hacks	
ENTERTAINMENT	115 BBC3	7.00 Crongton		8.00 The Agency: Unfiltered		9.00 Film: The Proposal			
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1992	8.30 TOTP: 1982	9.10 Diana Ross at the BBC			10.10 Diana Ross: Live at the Royal...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Film: The Suicide Squad			
	136 MORE4	◂ 6.55 Car S.O.S.		8.00 Grand Designs		9.00 Helsinki Crimes		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: The Inbetweeners Movie			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI: Most Wanted		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.40 Six Feet Under	7.40 Game of Thrones			9.00 The Last of Us			10.05 Homicide: Life on the Street
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly			10.20 Neil & Martin's Bon...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	◂ 6.25 The Grand...	7.30 EFL – Live: Sheffield United v Coventry City (Kick-off 8.00)						10.25 Wrestling: AEW...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Al Murray: The Only Way Is Epic	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League Of Their Own: The Rally		9.00 An Idiot Abroad 2		10.00 Hacks	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Blur: Live at Wembley Stadium			
	132 U&W	7.00 MasterChef Junior USA		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Expedition Files		10.00 Six Schizophrenic Brothers	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Titanic: The Final Secret		10.00 Destruction Decoded	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 River Hunters		9.00 Combat Ships		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Our Guy in Japan		8.00 Abandoned Engineering				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spector		8.00 Spitfire				10.00 Chernobyl: The Lost Tapes	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.25 Sneaks		8.00 It Ends with Us					10.20 The Wasp
	302 BOOKS TO SCREEN	◂ 5.40 The Bourne Legacy		8.00 Ready Player One					10.20 Dune: Part Two
	303 HITS	◂ 6.05 Click		8.00 Barbie				10.00 The Wolf of Wall Street	
	304 GREATS	◂ 6.10 Star Trek V: The Final Frontier		8.00 Back to the Future Part III				10.00 The Italian Job	
	305 ANIMATION	◂ 6.00 Happy Feet Two	7.50 Rugrats in Paris			9.20 Deep Sea			
	306 FAMILY	◂ 5.40 Charlie and the...	7.45 Beethoven			9.20 Ghost Squad			
	307 ACTION	◂ 6.20 The Mechanic		8.00 Fast X					10.25 Mission...
	308 COMEDY	◂ 6.20 The Men Who Stare at Goats		8.00 Miss Congeniality				9.55 Miss Congeniality 2: Armed and Fabulous	
	309 GANGSTERS	◂ 5.50 John Wick: Chapter 2		8.00 The Equalizer 3				10.00 Bad Boys	
	310 DRAMA	◂ 6.05 Six Minutes to Midnight		8.00 The King's Speech					10.05 Whiplash
	311 SCI-FI	◂ 5.05 Interstellar		8.00 Minority Report					10.35 The First...
	313 FILM4		7.05 10 Things I Hate About You			9.00 Ambulance			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Sheffield United v Coventry City (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL – Live: Sheffield United v Coventry City (Kick-off 8.00)							10.30 EFL Highlights
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	7.00 Gallagher Premiership Rugby Union – Live: Sale Sharks v Northampton Saints (Kick-off 7.45)						10.00 One Day International Cricket – Live	
	411 TNT SPORTS 2	◂ 6.15 MotoGP – Live: The Grand Prix of the Americas MotoGP, Moto2 and Moto3 first practice sessions					9.15 Men's Cycling World Tour		10.15 UEFA Champions League...

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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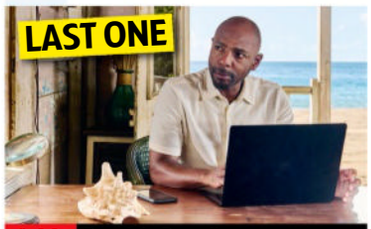
Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Southwell. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Shakespeare & Hathaway: Private Investigators** *If Music Be the Food of Love:* 2/10. Frank and Lu enter the competitive world of ballroom dancing. (S4) (S)(R)(AD)
2.45 **Antiques Road Trip** (S)(R)
3.15 **Escape to the Country** (S)(R)(AD)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Death in Paradise

7 PM

7.00 **The One Show** Alex Jones and JB Gill present the usual mix of celebrity chat and stories of interest. (S)
7.30 **The Travelling Auctioneers** Christina Trevanion discovers a potentially valuable watch that time forgot. (S)(R)

8 PM

8.00 NEW SERIES **Beyond Paradise** 1/6. *Death in Paradise* spin-off starring Kris Marshall and Sally Bretton A body is found in a river on the Devon-Cornwall border. Guest stars Hugh Dennis. *See feature, page 8.* (S3) (S)(AD)

9 PM

9.00 **Death in Paradise** Series finale 8/8. Just as he is about to fly home, Mervin finds himself at the centre of a murder investigation when a body is discovered in his shack. Stars Don Gilet. (S14) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Paranormal: Britain's Last Witch** 1/4. Sian Eleri recounts the story of medium Helen Duncan. *Previously on BBC3.* (S)(AD)
11.10 **Paranormal: Britain's Last Witch** New edition 2/4. Sian Eleri hears a purported recording of a Helen Duncan séance. (S)(AD)
11.40 FILM **Get Out** Jordan Peele's thriller starring Daniel Kaluuya and Allison Williams. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (S)(AD) (2017, 15, 100min) ★★★★★
1.20 AM **Weather for the Week Ahead**
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Alison Hammond's Florida Unpacked** (S)(R)(AD)
8.30 **Sign Zone: Joanna Page's Wild Life** Treating birds of prey. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.00 **New York: America's Busiest City**
5.00 **Flog It!** From Leicester. (S)(R)
6.00 **Richard Osman's House of Games** With Larry Dean, Kirsty Gallacher, Sam Quek and Lemn Sissay. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 15/20. Michael Portillo travels from Interlaken to the Swiss Riviera. (S)

9.00 My Brain: After the Rupture

7 PM

7.00 **Great British Menu: Banquet Special** Series finale It's the final, and the chefs cook a banquet for modern-day heroes at Blenheim Palace, with dishes celebrating historic Britons. Hosted by Andi Oliver. (S)

8 PM

8.00 **Gardeners' World** New edition Monty Don adds herbaceous perennials to the revamped jewel garden, and Frances Tophill visits Bradford to meet a group working together to grow fresh fruit and veg for the local community. (S)

9 PM

9.00 NEW **My Brain: After the Rupture** The story of broadcaster, journalist, musician and author Clemency Burton-Hill's recovery following a devastating brain haemorrhage in 2020. (S)(AD)

10 PM

10.25 **Natural World: Tiger Dynasty** Two tigers are released into the wild to breed. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Red Joan** Cold War espionage drama starring Judi Dench and Sophie Cookson. (S)(AD) (2018, 12, 95min) ★★★
12.40 AM **Sign Zone: Panorama: Fixing the NHS – What Will It Take?** (R)
1.10 **Sign Zone: Great British Menu** Two chefs compete to represent London and the south east. (S)(R)
2.10 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
2.40 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Kadeena Cox, Adam James and Ellie Taylor trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** A life hangs in the balance, April feels separate from her friends, and Steph offers an explanation to Ross. (S)(AD)

8 PM

8.00 **Coronation Street** Jenny takes her eye off the ball with Bertie, things get steamy when Steve apologises to Cassie, while James's tale of his failed adoption attempt gives Dee-Dee food for thought. (S)(AD)

9 PM

9.00 **Beat the Chasers: Celebrity Special** Bradley Walsh hosts as Stephen Mangan, Grace Dent, Sam Quek and Nile Wilson take on the Chasers in a bid to win big money for their chosen charities. (S)(R)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Unstoppable** Action thriller starring Denzel Washington and Chris Pine. A train conductor and an engineer set out to stop a runaway train. With Rosario Dawson and Ethan Suplee. (S) (2010, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **Grantchester** 4/6. A member of Will's own congregation is found murdered. (S7) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** 5/6. The remaining amateur designers tackle menswear. (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 4-7/22. (S7) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S1) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The week's scores are revealed and the winner announced. (S)
5.30 **Come Dine with Me** Surgeon Luke hosts the fifth and final dinner party from Norwich. (S)(R)
6.00 **A Place in the Sun: What Happened Next?** New edition Revisits to homes bought in 2014 in Spain's Costa Cálida and Coimbra in Portugal. (S)

8.00 One Question

7 PM

7.00 **News** (S)
7.30 **Unreported World** New edition *France's Far Right Feminists:* The women in France who are helping take the far-right to within touching distance of power. (S)(AD)

8 PM

8.00 **One Question** Series finale 6/6. Claudia Winkleman invites NHS doctor Faraaz and lawyer Sofia, a married couple from Essex, and London mother-and-son Evelyn and Lawrence to compete for a £100,000 prize. (S)

9 PM

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10 PM

10.00 **The Last Leg** Series finale 10/10. Adam Hills, Josh Widdicombe and Alex Brooker are joined by comedian Roisin Conaty and actor Tom Davis for a review of the significant moments from the past seven days. (S)
11.05 **Joe Lycett: More, More, More! How Do You Lycett? How Do You Lycett?** Stand-up show. (S)(R)
12.10 AM **Open House: The Great Sex Experiment** (S)(R)(AD)
1.10 FILM **Charlie's Angels** Comedy thriller. (S) (2019, 12, 120min) ★★
3.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
4.00 **Undercover Boss USA** (S)(R)
4.45 **to 5.40** AM **Location, Location, Location** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** New edition (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **A Husband's Revenge** Thriller starring Sarah Cleveland, Scott Gibson and Matt Wells. (S) (2023, PG, 105min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Featuring dog-handling, cheese-making and a spot of decorating.(S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** Jeremy Vine asks the questions as the Quizzical Entities take part. (S)(R) **6.25** The Rota Madmen take on the quiz experts. (S)(R)
6.55 **News** (S)

10.00 The Flatshare

7.00 **Isle of Wight: Jewel of the South** Café owner Vivette Fryatt plans an authentic Caribbean barbecue for the Sandown Carnival. (S)(R)
7.55 **News** (S)
8.00 **The Hotel Inspector** Alex Polizzi comes to the aid of Mimmo and Michelle, who left their family and business behind in Italy to take over the Riders Rest tearooms in Somerset. (S)(R)
9.00 **The Flatshare** New episode *First Date:* 5/6. Tiffany and Leon begin to get closer after Leon's meddling patient tricks them into taking a trip to Brighton together, but shocking news changes everything. (S)
10.00 **The Flatshare** Series finale *The Beginning:* 6/6. It's the day of Richie's appeal hearing and Tiffany's award ceremony for the article she wrote about imprisonment. (S1) (S)
10.55 **Most Shocking Celebrity Moments** A look back at memorable meltdowns involving famous faces. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The Red Arrows: A Year in the Sky** Double bill. (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Extreme Snakes: Africa** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 11/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Homer's Crossing:* Homer volunteers as a school crossing guard. (S)(R) **5.30** *Paths of Glory:* Marge and Homer begin to suspect Bart might be a sociopath. (S)(R)
6.00 **The Office (US)** 4/22. A kitchen fire forces the employees into the car park for the day. (S)(R) **6.30** 5/22. Everyone gets into the spirit of Halloween – except for Michael. (S2) (S)(R)

4.00 S.W.A.T.

7.00 **The Simpsons** *A Mid-Childhood Night's Dream:* Marge feels overwhelmed by her fear of the kids growing up. (S)(R) **7.30** *McMansion & Wife:* Lisa puts a stop to Nelson's bullying spree. (S)(R)
8.00 **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup, making their way in pairs from London to Turin. (S)(R)
9.00 **An Idiot Abroad 2** 2/8. Reluctant explorer Karl Pilkington boards the Trans-Siberian Express to China. During the journey, he is forced to fight Mongolian wrestlers and makes a detour to a village of dwarves. (S)(R)
10.00 NEW SERIES **Hacks** *Just for Laughs:* 1/9. Deborah prepares to attend an awards ceremony. (S)(AD) **10.40** New episode *Better Late:* 2/9. Deborah finally agrees to appear on *Late Night*. (S3) (S)(AD)
11.20 **Hacks** New episodes 3/9. Deborah gets ready for her upcoming roast. (S)(AD) **12.00** M'T 4/9. Deborah is invited to hang with some of her favourite comics. (S3) (S)(AD)
12.40 AM **Rob Beckett's Smart TV** (R)
1.25 **Sex and the City** (S4) (S)(R)
2.35 **Road Wars** (R)
3.05 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 11/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm A View from the Terrace **12.40am** FILM Get Out (2017, 15, 100min) ★★★★★ **2.20** Weather for the Week Ahead **2.25-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
6.55-7.00pm Party Political Broadcast **7.30-8.00** NEW SERIES The Long and the Short of It **10.40** How's She Cuttin'? Mart Day **11.10** Paranormal: Britain's Last Witch **12.15am** FILM Get Out: As Scotland. **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00pm The Chronicles of Armagh **7.15** LIVE United Rugby Championship **9.45-10.30** QI XL **11.05** NEW My Brain: After the Rupture **12.30-12.40am** Barra on the Foyle

WALES
Sky 968, Freesat 968
7.00pm The Hairy Bikers' Asian Adventure **7.30** LIVE Scrum V **9.35** QI XL **10.20-10.30** Mull: Eagle Paradise **11.05** Beacons: Short Films from Wales New episode **11.15pm-12.40am** NEW My Brain: After the Rupture

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Coast & Country New edition

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bois y Pizza: Chwe' Gwlad **12.30** Heno **1.00** Ralio: Pencampwriaeth Rali'r Byd: Saffari Kenya **1.30** Y Sin **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Drych: Camau Tua'r Sêr **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo **6.30** Adre **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Bwmp: **9.30** Yn y Lwp New edition **10.00** Cartrefi Cymru **10.30** Pobol y Penwythnos **11.00-11.35pm** Bariau

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Crongton** New episode 9/10. Mo reveals the truth to Liccle Bit about why she left Crongton. **7.25** Series finale 10/10. Liccle Bit seeks protection, while Mo and Manjaro finally come face to face. (S1)
7.50 **The Fast and the Farmer-ish** The Welsh heat.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New edition 5/6. Kirsten and Amy want the hopefuls to let their guard is down. **8.30** Series finale 6/6. The winner is announced.
9.00 FILM **The Proposal** Romantic comedy starring Sandra Bullock and Ryan Reynolds. (2009, 12, 103min) ★★★
10.45 **Charlotte in Sunderland**
11.45 **Stacey Dooley: Growing Up Gypsy** Documentary.
12.30 AM **Stacey Dooley in the USA: Kids in the Crossfire**
1.30 **The Agency: Unfiltered**
2.30 **Paranormal: Britain's Last Witch** Documentary.
3.00 **to 4.00** AM **Charlotte in...**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Featuring Mariah Carey, Ocean Colour Scene, Ginuwine, All Saints, Hanson and George Michael. **7.30** Music from Cast, Tina Moore, Finley Quaye, Kavana and The Verve.
8.00 **TOTP: 1992** Performances by Erasure, Annie Lennox, Def Leppard, Wet Wet Wet and Manic Street Preachers.
8.30 **TOTP: 1982** With Bucks Fizz, Goombay Dance Band, Pluto Sheverington, Killing Joke and Julio Iglesias.
9.10 **Diana Ross at the BBC** Archive performances by the singer, featuring *Baby Love, I'm Still Waiting* and *Why Do Fools Fall in Love?*
10.10 **Diana Ross: Live at the Royal Albert Hall 1973** A concert at the London venue during a European tour.
11.10 **When Motown Came to Britain** The first tour of Britain by the label's acts.
12.10 AM **Sings Motown**
1.10 **TOTP: 1997** Double bill.
2.10 **TOTP: 1992** As 8.00pm.
2.40 **to 3.25** AM **TOTP: 1982**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Leather earrings.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Trish calls on the help of her friends.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1930 Ford Model A. **6.55** Tim and Fuzz rescue the rusting wreck of a rare Talbot Sunbeam Lotus.
8.00 **Grand Designs** Harry and Briony have decided to build a house heavily inspired by American modernist properties, after moving from London to Cornwall with their three young children.
9.00 **Helsinki Crimes** New episode The homicide squad are hot on the trail of the architect's killer, and Timo realises that he must find a solution to his father's difficulties. Subtitled. (S2)
10.00 **24 Hours in A&E** A 75-year-old is rushed to A&E with a high heart rate. **11.05** A cyclist is brought to A&E after crashing into a car.
12.10 AM **999: On the Front Line** A man has a blackout driving a van and crashes into a telegraph pole.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Five episodes of the comedy.
9.00 FILM **The Inbetweeners Movie** Comedy spin-off starring Simon Bird, James Buckley, Blake Harrison and Joe Thomas. Will, Jay, Neil and Simon make all the wrong moves on a lads holiday to Crete. (2011, 15, 97min) ★★★★
11.00 FILM **Anchorman: The Legend of Ron Burgundy** Comedy starring Will Ferrell and Christina Applegate. A sexist news presenter feels threatened when a female rival joins his team. (2004, 12, 94min) ★★★★
12.50 AM **Naked Attraction**
1.55 **Gogglebox**
2.55 **Abbott Elementary**
3.20 **The Goldbergs**
4.10 **The Neighborhood**
5.20 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

- **6.00** AM **Send in the Dogs**
- **7.00** **Motorway Patrol**
- **8.00** **Border Patrol**
- **9.00** **Stop, Search, Seize**
- **10.00** **Border Security: America's Front Line** Double bill.
- **11.00** **Bull** 10/16. (S5)
- **12.00** NOON **The Good Doctor**
- **1.00** PM **The Rookie** 3/14. (S3)
- **2.00** **Chicago Fire** 3/13. Brett and Violet take a domestic dispute into their own hands. (S12)
- **3.00** **Caught on Dashcam**
- **4.00** **Nothing to Declare** Six editions of the documentary.

7.00 Nothing to Declare

7 PM — **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM — **8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM — **9.00 FBI: Most Wanted** *Toxic:* 13/15. A pair of vengeful brothers target members of a company causing environmental issues. (S2)

10 PM — **10.00 The Equalizer** *Slay Ride:* McCall, Dante and Miles find themselves held hostage in a hospital at Christmas. (S5)

- **11.00** **Matlock** 11/18. (S1)
- **12.00** M'T **Law & Order: Organized Crime** 18/22. (S2)
- **1.00** AM **FBI: Most Wanted** (S2)
- **2.00** **The Good Doctor** 1/20. (S3)
- **3.00** **Air Ambulance ER**
- **4.00** **Highway Patrol**
- **5.00** **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- **6.00** AM **The Guest Wing**
- **8.00** **True Blood** 4&5/10. (S6)
- **10.00** **Six Feet Under** 9&10/13. (S3)
- **11.55** **Game of Thrones** 10/10. (S6)
- **1.15** PM **Westworld** (S3&4)
- **3.40** **True Blood** 4/10. Sookie invites Ben to dinner. **4.40** 5/10. Sookie arranges for Lafayette to summon her dead parents. (S6)
- **5.40** **Six Feet Under** 9/13. David and Keith have an embarrassing encounter. **6.40** 10/13. Keith's great aunt dies from a bee sting. (S3)

9.00 The Last of Us

7.40 Game of Thrones *The Winds of Winter:* 10/10. As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. (S6)

9.00 The Last of Us *When We Are in Need:* 8/9. Ellie crosses paths with a vengeful group of survivors. (S1)

10.05 Homicide: Life on the Street *Nothing Personal:* 18/20. Howard gets lumbered with a crime she cannot solve. (S3)

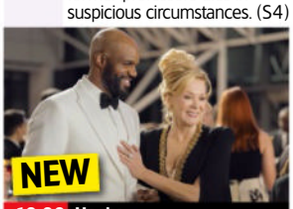
- **11.10** **The Wire** 5/13. (S4)
- **12.15** AM **Mussolini: Son of the Century** 8/8. (S1)
- **1.25** **Band of Brothers** 10/10. (S1)
- **2.35** **The Nevers** 6/6. (S1)
- **3.50** **Mare of Easttown** 6/7. (S1)
- **5.00** **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- **6.00** AM **Hawaii Five-0** (S2)
- **8.00** **The Flash** 19/20. (S8)
- **9.00** **Stargate SG-1** (S4)
- **11.00** **Supergirl** 8/22. (S2)
- **12.00** NOON **The Flash** 20/20. (S8)
- **1.00** PM **Hawaii Five-0** (S2)
- **3.00** **NCIS: Los Angeles** (S14)
- **4.00** **S.W.A.T.** 11/18. (S4)
- **5.00** **Supergirl** 7/22. Kara comes face-to-face with a cyborg Hank Henshaw. (S2)
- **6.00** **Stargate SG-1** 13/22. Daniel investigates when one of his former professors dies in suspicious circumstances. (S4)



10.00 Hacks

7.00 Stargate SG-1 *Serpent's Venom:* 14/22. The team undertake a mission to disrupt an alliance of System Lords. (S4)

8.00 A League of Their Own: The Rally 1/3. The gang compete in the ALOTO Rally Cup, making their way from London to Turin.

9.00 An Idiot Abroad 2 2/8. Karl boards the Trans-Siberian Express to China, and during the journey, he fights Mongolian wrestlers.

10.00 NEW SERIES Hacks 1/9. Deborah prepares to attend an awards ceremony in Montreal. **10.40** New episode 2/9. Deborah agrees to appear on *Late Night*. (S3)

- **11.20** **Hacks** New episodes (S3)
- **12.40** AM **Rob Beckett's Smart TV**
- **1.25** **Strike Back: Retribution** (S6)
- **2.25** **Road Wars**
- **3.00** **NCIS: Los Angeles** (S14)
- **4.00** **S.W.A.T.** 11/22. (S1)
- **5.00** **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

- **6.00** AM **CITV**
- **9.00** **World's Funniest Videos**
- **10.00** **Love Bites** Double bill.
- **12.00** NOON **Dinner Date**
- **1.00** PM **Deal or No Deal**
- **2.00** **Supermarket Sweep**
- **3.00** **Charmed** 22/22. Piper enlists the help of Coop. (S8)
- **4.00** **Gilmore Girls** 22/22. Rory moves out after making a big decision about her future. (S5)
- **5.00** **Dinner Date**
- **6.00** **Celebrity Catchphrase** With guests Chris Bisson, Ruth Madeley and Ardal O'Hanlon.

8.00 The 1% Club

7.00 Deal or No Deal Stephen Mulhern hosts as Ronnie takes on the ruthless Banker as he tries to win a life-changing cash prize.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 FILM The Suicide Squad Comic-book adventure comedy starring Idris Elba. Supervillains Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- **11.40** **Family Guy** 2/21. Lois discovers she is Jewish. (S8) **12.10** AM 11/16. Meg becomes deeply religious and tries to influence Brian's beliefs. (S7)
- **12.35** **American Dad!** (S4&3)
- **1.35** **Bob's Burgers** 13&14/22. (S7)
- **2.35** **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- **6.00** AM **Classic Emmerdale**
- **7.00** **Classic Coronation Street**
- **8.10** **Where the Heart Is**
- **9.25** **The Darling Buds of May**
- **10.35** **The Royal** *Tutti Frutti.*
- **11.40** **Heartbeat** Double bill.
- **1.40** PM **Classic Emmerdale**
- **2.40** **Classic Coronation Street**
- **3.50** **Endeavour** As 12.00m't.
- **5.50** **Heartbeat** *Stormy Weather:* Vernon arranges a poker night to make easy money, while Merton looks into the murder of a retired policeman who was about to flee for Spain.

8.00 Midsomer Murders

6.55 Heartbeat *Who's Sorry Now?* Part one of two. New doctor Helen Trent arrives in Aidensfield with her wealthy husband.

8.00 Midsomer Murders *Wild Harvest:* When a farmer is discovered bound to a tree, doused in truffle oil and mauled to death by a wild boar, the investigation leads Barnaby to a tyrannical celebrity chef.

10.00 Foyle's War *Fifty Ships:* Foyle investigates a corpse found on the beach, bringing him into conflict with attempts to secure American aid.

- **12.00** M'T **Endeavour** *Rocket:* Morse becomes embroiled in the affairs of munitions factory and its dysfunctional owners following the murder of an unpopular worker.
- **1.45** **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- **12.00** NOON **This Is BBC Scotland**
- **7.00** PM **Reporting Scotland**
- **7.30** **Crimewatch Caught** How police dismantled an organised crime group.
- **8.00** **My Epic Camel Adventure with Gordon Buchanan** Gordon crosses Mongolia's harsh Gobi desert by camel.
- **9.00** **Kevin Bridges: The Overdue Catch-Up** A stand-up comedy performance.
- **10.00** **Still Game** 2/6. Winston tries to win a cat's affections. (S9)
- **10.30** **A View from the Terrace** New edition Craig G Telfer presents a sideways look at Scottish football.
- **11.30** PM **to 12.00** M'T **Scotland's Greatest Escape** Testing out three different escapes in Ayrshire.

Sky Comedy

114/115 814 112 347 362

- **8.00** AM **Crashing** (S3)
- **9.15** **The Conners** (S2)
- **10.15** **Veep** 9&10/10. (S2)
- **11.25** **Ballers** 4&5/10. (S3)
- **12.35** PM **Curb Your Enthusiasm** (S6)
- **1.55** **Veep** 9&10/10. (S2)
- **3.05** **Ballers** 4&5/10. (S3)
- **4.25** **Crashing** 2&3/8. (S3)
- **5.40** **The Office (US)** (S2)
- **6.40** **The Conners** (S2)
- **7.40** **Curb Your Enthusiasm** 3/10. Larry complains about 'sample abusers' in shops, and Marty Funkhouser receives an unpleasant surprise. **8.20** 4/10. Larry regrets getting Richard Lewis's girlfriend a job. (S6)
- **9.00** **The Righteous Gemstones** 3/9. (S4)
- **9.50** **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
- **10.50** **And Just Like That...**
- **12.30** AM **Divorce** (S1)
- **1.50** **Sex and the City** (S4)
- **3.10** **Veep** 7&8/10. (S6)
- **4.25** **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

- **6.00** AM **André Rieu & the Dutch Royal Family**
- **8.00** **Watercolour Challenge**
- **9.00** **Tales of the Unexpected**
- **10.00** **Hitchcock Presents**
- **11.00** **Classic Movies: The Story of The Graduate**
- **12.00** NOON **Landscape 2022**
- **1.00** PM **Tales of the...**
- **2.00** **Arcimboldo: Portrait of an Audacious Man**
- **3.00** **Classic Movies: The Story of Ran**
- **4.00** **Discovering**
- **5.00** **Landscape Artist 2022**
- **6.00** **Tales of the Unexpected**
- **7.00** **Hitchcock Presents**
- **8.00** **Guy Garvey: From the Vaults** Clips from 1989.
- **9.00** **Blur: Live at Wembley Stadium** From 2023.
- **11.45** **Oasis: Live at Wembley**
- **1.45** AM **Ronnie Wood Show**
- **3.05** **From the Artists Den**
- **4.20** **Isle of Wight Festival Greatest Hits**
- **4.45** **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

- **7.00** AM **Nothing to Declare**
- **9.00** **Caught on Dashcam**
- **10.00** **Highway Patrol**
- **11.00** **Nothing to Declare**
- **12.00** NOON **Motorway Patrol**
- **1.00** PM **Border Patrol**
- **2.00** **Caught on Dashcam**
- **3.00** **Nothing to Declare UK**
- **4.00** **Primeval** 1/7. (S2)
- **5.00** **Stargate SG-1** (S2)
- **6.00** **Stargate Atlantis** (S3)
- **7.00** **Star Trek: Voyager**
- **8.00** **Hawaii Five-0** *A'ohe mea 'imi a ka maka:* 5/25. Jerry searches for evidence of a murder. **9.00** *Aia I Hi'lkua; I Hi'lalo:* 6/25. McGarrett gets arrested. (S9)
- **10.00** **S.W.A.T.** 22/22. (S1)
- **11.00** **Twisted Killers**
- **12.00** M'T **Britain's Most Evil Killers** Lewis Daynes.
- **1.00** AM **Nothing to Declare**
- **2.00** **Brit Cops: Law & Disorder** Documentary.
- **3.00** **Highway Patrol**
- **4.00** **Border Patrol**
- **5.00** **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

- **7.30** AM **Unwind**
- **7.40** **Buying the View**
- **8.10** **Billie and Greg: The Family Diaries**
- **9.10** **Fletchers' Family Farm at Christmas**
- **10.10** **Buying and Selling**
- **11.10** **The Real Housewives of Dubai** Reality series.
- **12.05** PM **Billie and Greg: The Family Diaries**
- **1.10** **The Only Way Is Essex**
- **2.10** **Dinner Date**
- **3.10** **NEW SERIES Scott's Vacation House Rules**
- **4.05** **The Real Housewives of Dubai** Reality series.
- **5.00** **The Real Housewives of Atlanta** Reality series.
- **6.00** **Buying and Selling**
- **7.00** **Fletchers' Family Farm**
- **8.00** **Dinner Date**
- **9.00** **Botched** Double bill.
- **10.55** **My Mum, Your Dad Australia** Reality show.
- **12.20** AM **The Only Way Is Essex** Reality series.
- **1.20** **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- **8.00** AM **Diagnosis Murder**
- **10.00** **Father Dowling Mysteries** 4/13. (S2)
- **11.00** **Highway to Heaven**
- **2.00** PM **Father Dowling Mysteries** 9/13. (S2)
- **3.00** **Diagnosis Murder**
- **5.00** **Murder, She Wrote**
- **7.00** **M*A*S*H** 8-11/25. (S5)
- **9.00** **Randall and Hopkirk (Deceased)** *Money to Burn:* 20/26. Jeff is accused of stealing a fortune in used currency on its way to the incinerator. (S1)
- **10.00** **The Avengers** *All Done with Mirrors:* 8/33. Steed is accused of leaking secret information. (S6)
- **11.00** **The Persuaders!** (S1)
- **12.00** M'T **M*A*S*H** (S5)
- **2.00** AM **Randall and Hopkirk (Deceased)**
- **3.00** **The Persuaders!** (S1)
- **4.00** **Highway to Heaven**
- **4.50** **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.00 **Robin of Sherwood**
9.10 **Magnum, PI**
10.10 **Kojak**
11.15 **BattleBots** New edition Minotaur faces Witch Doctor.
12.25 PM **The Saint**
1.30 **Magnum, PI**
2.35 **Kojak**
3.35 **Minder**
4.50 **The Sweeney**
5.55 **River Monsters**
6.25 **The Grand Fishing Adventure**

5.55 River Monsters

7.30 LIVE **Football: EFL** Sheffield United v Coventry City: Coverage of the Championship match at Bramall Lane. The Blades are one of three teams competing for the two automatic promotion places to the Premier League. However, the Sky Blues have been in magnificent form since the turn of the year and have surged up the table to compete for a play-off berth Kick-off is at 8.00.

10.25 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.

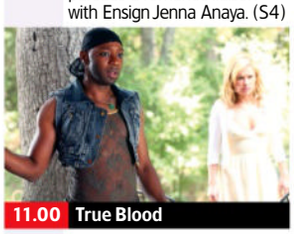
12.20 AM FILM **D-Tox** Thriller with Sylvester Stallone. A serial killer begins murdering the patients at a rehabilitation clinic for law enforcement officers. (2002, 18, 96min) ★★★
2.10 **Auto Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 25/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 14/26. (S7)
2.00 **Warehouse 13** 1/6. (S5)
3.00 **Stargate SG-1** 13/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 25/26. Data pursues a romantic liaison with Ensign Jenna Anaya. (S4)


11.00 True Blood

7.00 **Warehouse 13** *Endless Terror:* 1/6. The team must stop Paracelsus when he turns the Warehouse into a house of horrors. (S5)

8.00 **Stargate SG-1** *The Road Not Taken:* 13/20. An experiment goes wrong, leaving Carter trapped in a parallel reality. (S10)

9.00 **Grimm** *The Show Must Go On:* 16/22. Nick looks into a double murder with a connection to a travelling carnival. (S3)

10.00 **The Walking Dead** *What Happened and What's Going On:* 9/16. Rick and his band of survivors take Noah to his home. (S5)

11.00 **True Blood** 11/12. Bill tries to get advice from the vampire queen of Louisiana. **12.00** M'T 12/12. Sookie is forced to act as Maryann's maid of honour for her bestial sacrifice. (S2)
1.00 AM **Wynonna Earp** (S1)
2.50 **Monstrous** 4&5/6. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 13/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 13/20. (S5)
6.00 **Father Brown** *The Ghost in the Machine:* The priest looks into the disappearance of a parishioner who believed she was being haunted by her sister, who went missing years before.

10.00 Death in Paradise

7.00 **The Mentalist** *Red Listed:* 4/22. A financier is killed after Jane's list of Red John suspects is stolen from his home. (S6)

8.00 **White Collar** *Whack-A-Mole:* 5/6. The Pink Panthers beg Neal for a huge favour, and Peter's family life takes a hit. (S6)

9.00 **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector, but she may have fallen for a killer.

10.00 **Death in Paradise** *The Wrong Man:* 2/8. A zombie movie being filmed on the island ends in real-life horror. (S3)

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 1/24. Holmes is reunited with his estranged brother in London. Guest stars Rhys Ifans. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.20 AM **Last of the Summer Wine**
8.30 **Keeping Up Appearances**
9.10 **Dad's Army**
9.50 **Hi-de-Hi!**
10.30 **Only Fools and Horses**
11.10 **Last of the Summer Wine**
12.30 PM **Keeping Up Appearances**
1.05 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.40 **Keeping Up Appearances**
6.20 **Hi-de-Hi!** Former jockey Fred is haunted by his past.

6.20 Hi-de-Hi!

7.00 **Only Fools and Horses** Rodney aspires to become a pop star.
7.40 **Dad's Army** Platoon pensioner Private Godfrey is accused of cowardice. **8.20** Captain Mainwaring enlists an unusual recruit to the platoon – a tracker dog provided by Walker.

9.00 **Men Behaving Badly** Tony sneaks into Deborah's flat, and Gary ponders fatherhood. **9.40** Gary suspects that Dorothy is having an affair.

10.20 **Neil & Martin's Bon Voyage** Neil Morrissey takes Martin Clunes on a road trip through France.

11.20 **Men Behaving Badly**
12.30 AM **Mrs Brown's Boys**
1.10 **The Royle Family**
1.45 **Inside No 9**
2.25 **Mrs Brown's Boys**
2.55 **The Black Adder**
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The history of the nation's food, beginning with a variety of recipes featuring fowl.
6.00 **Rick Stein: From Venice to Istanbul** The seafood chef travels from Croatia to Albania.

5.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With Prue Leith, Scarlett Moffatt, Big Narstie and Tomasz Schafernaker.
7.40 **Richard Osman's House of Games** With Angela Barnes and Kemah Bob. **8.20** With Felicity Ward, Ugo Monye, Joe Pasquale and Jennie McAlpine.

9.00 **QI XL** Guests David Baddiel, Cariad Lloyd and Ross Noble join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Damian Lewis hosts the satirical quiz, with Katy Balls and Chris McCausland.

11.00 **Sons of Anarchy** 9/13. Samcro's adult-film business becomes a problem. **12.00** M'T 10/13. Gemma takes drastic action. (S2)
1.10 AM **Live at the Apollo**
2.10 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **Great House Giveaway**
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** House-hunting in the West Midlands.
7.00 **Kirstie and Phil's Love It or List It** Helping a couple in Stockport.
8.00 **George Clarke's Amazing Spaces** A couple transform two lorries into a travelling home and restaurant.
9.00 **Grand Designs** A couple build a floating home.
10.00 **Building Britain's Superhomes**
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.10 **Tempting Fortune**
3.20 **to 4.45** AM **The Great Celebrity Bake Off for Stand Up to Cancer**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Wall:* 19/24. A US Marine working with a veterans' charity is murdered. **7.00** *A Bowl of Cherries:* 20/24. A vice-admiral is targeted by a hacker. **8.00** *One Book, Two Covers:* 21/24. A US Marine's murder is linked to a dirt-bike gang. (S14)
9.00 **Quantum Leap** *Salvation or Bust:* 5/18. Ben is transported back to 1898 and the rustic frontier town of Salvation. **10.00** *What a Disaster!* 6/18. Ben and Addison find themselves in San Francisco during the 1989 earthquake. (S1)
11.00 **Law & Order: Special Victims Unit** (S18&17)
2.45 AM **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Shop Smart, Save Money** Testing juicers.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger. (2016, 15, 123min) ★★★
11.30 FILM **Fame** Alan Parker's musical drama about New York's High School for the Performing Arts, starring Irene Cara. (1980, 15, 130min) ★★★★
2.20 AM **Police Interceptors**
3.10 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 FILM **The Wild and the Innocent** Comedy Western starring Audie Murphy and Sandra Dee. (1959, U, 84min) ★★
2.15 PM FILM **Sierra** Western starring Wanda Hendrix and Audie Murphy. (1950, PG, 83min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999** Officers are called to a fight in a takeaway.
10.00 **Police Interceptors** A driver is brought to a stop with a stinger.
11.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
12.00 M'T **Scam City**
1.05 AM **Police Interceptors**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Pete Wicks: For Dogs' Sake** Pete visits Northern Ireland to pick up three stray dogs and bring them back to Essex.
7.00 **MasterChef Junior USA** Series finale The final continues with entrees and a dessert round, but only one young chef will be crowned *MasterChef Junior USA* champion.
8.00 **Inside the Ambulance** A patient falls over following an operation to remove his toes.
9.00 **999 Rescue Squad**
11.00 **Miranda** Triple bill.
1.00 AM **Red Flag**
2.00 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.05 **Doctors**
9.20 **Classic Holby City**
10.20 **Classic Casualty**
11.25 **The Bill**
12.30 PM **Classic EastEnders**
1.50 **Eldorado**
3.05 **Bergerac**
4.15 **All Creatures Great...**
5.25 **One Foot in the Grave**
6.05 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Celestial Choir:* A saboteur tries to stop Kembleford from winning a choir contest. **9.00** *The Queen Bee:* The priest investigates a beekeeper's death.
10.00 **New Tricks** *Wild Justice.*
11.00 **Bergerac**
12.00 M'T **Taggart**
2.20 AM **Bergerac**
3.10 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Puglia.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Yorkshire Air 999** The crew help a ten-year-old who has fallen off his scooter at a skate park.
10.00 **Helicopter ER** The crew help a runner who has been left for dead after a hit and run incident. **11.00** A biker is left fighting for survival with multiple injuries.
12.00 M'T **Help! My House Is Haunted** In Hampshire.
1.00 AM **Celebrity Help! My House Is Haunted**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase** Triple bill.
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Items include a pair of Bakelite phones.
7.00 **Tenable** Warwick Davis hosts as a team of five firefighters from Lincoln take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Avengers**
9.00 **FILM Shadow on the Mesa** Western. (2013, PG, 90min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Man of the West** Western. (1958, 12, 96min) ★★
3.10 **FILM Kentucky Rifle** Western. (1956, U) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **FILM Bandolero!** Adventure. (1968, 15, 106min) ★★★
10.25 **FILM Babylon A.D** Sci-fi adventure. (2008, 12, 100min) ★★★
12.20 AM **FILM The Road** Drama. (2009, 15, 111min) ★★★★
2.45 **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
4.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

9.00 AM **FILM End of the World** (2013, 12) ★★★
11.00 **Emergency Rescue: Air, Land & Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Killer Reputation** (2019, 12) ★
3.10 **FILM An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG, 90min) ★★
5.05 **FILM An Aurora Teagarden Mystery: Reap What You Sew** Drama. (2018, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Shooter** Action thriller. (2007, 15, 125min) ★★★★
11.35 **FILM Disturbing the Peace** (2019, 15) ★
1.30 AM **FILM Playing It Cool** Comedy. (2014, 15) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Woman on the Edge** Thriller. (2018, PG) ★★

+1 hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Autumn in the Vineyard** Drama. (2016, PG, 84min) ★★
10.00 **FILM Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
12.05 PM **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U) ★★
2.00 **FILM South Beach Love** Comedy. (2021, PG) ★★
4.00 **FILM Wedding Cake Dreams** (2021, U) ★★
6.00 **FILM The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
8.00 **FILM Love on the Vines** Drama. (2016, PG) ★★
10.00 **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
12.00 M'T **FILM Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM I Married Who?** Comedy. (2012, PG, 86min) ★★

+1 hour 320 63

Rewind TV

182 92

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 3/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 24/36. (S1)
12.00 NOON **The Last Days of Pompeii** Drama.
2.45 PM **Auto Rewind**
3.00 **Space 1999** 8/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 3/9. (S4)
6.00 **Bewitched** 24/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Blue Thunder** 1/11. (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 21/26. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **The Last Days of Pompeii** Drama.
2.20 AM **Monkey** 9/26. (S1)
3.10 **Stereo Underground**
4.00 **Soap** (S1)
4.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The red king crab season gets under way once more. **8.00** The fishing fleet looks for survivors when a boat sinks.
9.00 **Kindig Customs** After years of planning, Dave celebrates the opening of his passion project. **10.00** Dave has his hands full trying to build a 1959 Buick Invicta.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Mary Berry's Foolproof Cooking** Recipes for days when time is at a premium.
9.00 **Michel Roux's French Country Cooking** Showcasing the cuisine of Southern France.
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 3/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 3/19. (S5)
11.00 **FILM The Lone Ranger and the Lost City of Gold** Western. (1958, U, 80min) ★
12.35 PM **FILM Monte Walsh** Western. (2002, PG) ★★
3.00 **FILM Showdown** Western starring Rock Hudson. (1972, PG) ★★
5.00 **Star Trek** 23/26. (S2)
6.00 **T.J. Hooker** 4/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM 3 Days to Kill** Crime action thriller. (2014, 12, 117min) ★★★
11.15 **FILM Blood and Money** Crime action thriller (2020, 15, 89min) ★★
1.05 AM **FILM Acts of Violence** Crime drama. (2018, 15, 86min) ★★
2.55 **to 4.50** AM **FILM Deadly Force** Thriller. (1983, 18, 95min) ★

Legend Xtra

317 171 69 138

6.00 AM **FILM Warbirds**
8.00 **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
10.00 **Farscape** 9/22. (S3)
11.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM **FILM The Blood Beast Terror** Chiller. (1967, 12, 88min) ★
3.00 **Farscape** 9/22. (S3)
4.00 **Star Trek** 5/24. (S3)
5.00 **FILM Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
7.00 **Farscape** 10/22. (S3)
8.00 **Star Trek** 6/24. (S3)
9.00 **FILM Code Name: Geronimo** Action drama starring Cam Gigandet. (2012, 15, 96min) ★★
11.00 **FILM War Pigs** World War Two adventure starring Luke Goss. (2015, 15, 88min) ★★
1.00 **to 3.00** AM **FILM Code Name: Geronimo**

+1 hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Curse of Skinwalker Ranch** Documentary.
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Mysteries from Above**
12.00 M'T **Believers: Extreme Hauntings**
1.00 AM **UFOs: Lost Evidence**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient...**

5SELECT

153 138 46 133

9.00 AM **Scotland's Most Scenic Railway Journeys**
10.00 **Escape to the Cotswolds** Stonehenge.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben visits his old British friend Paul Ferber and his family in Thailand. **8.00** Ben returns to the Arctic circle to visit old friend Randi Skaug.
9.00 **Dick Emery: The Naughty Bits & More** Portrait of the comedian.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Escape to the Cotswolds** Stonehenge.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **The Great Pottery Throw Down**
10.00 **My Lottery Dream Home** New editions David Bromstad help a couple find a dream home in Lubbock, Texas. **10.30** After winning $1 million, a couple want to find a home outside their town of Wilmot.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Too Large** Meghan works hard to keep Vanessa's diet on track.
8.00 **My 600lb Life** Lacey rallies those around her to help her lose weight. **10.00** The fortunes of singer Brandon.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Takeshi's Castle**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S4)
1.00 PM **Friends** (S4&5)
9.00 **Michael McIntyre's Big Show** With guests Jessie J, Stereophonics and Alan Shearer.
10.00 **Al Murray: The Only Way Is Epic** Stand-up comedy from Brighton.
11.00 **Utopia** (S2)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **8 Out of 10 Cats**
2.10 **Amy Schumer: Comedy Central Live**
2.40 **Kevin Hart: Comedy Central Live** Stand-up.
3.05 **Key & Peele**
3.25 **Teachers** (S3)
3.45 **The Daily Show** New edition Talk show.
4.10 **Modern Horror Stories**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 11&12/24. (S4)
10.55 **Friends** 1-4/18. (S10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 11&12/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 23/24. Jess spends the night with her ex-boyfriend Paul. **9.30** 24/24. Nick ends up in the desert after having a panic attack. (S1)
10.00 **Friends** 2-5/24. (S4)
12.00 M'T **Al Murray: Giving It Both Barrels**
1.25 AM **Chris Ramsey Live: All Growed Up**
2.25 **Key & Peele**
3.45 **Becker** 11&12/24. (S4)
4.30 **New Girl** 23&24/24. (S1)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E: South Africa**
6.00 **Highway Cops**
7.00 **Fantasy Island** (S1)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip** The gang take MLS-style penalties.
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Teams**
12.00 NOON **Catfish: The TV Show** Seven editions.
7.00 PM **Teen Mom UK** Chloe heads to the gym, while Jordan sets off for Amsterdam.
8.00 **Help! I'm in a Secret Relationship!** Hosts Rahne Jones and Travis Mills help people uncover why their partners are hiding them.
9.00 **Skin A&E** Dr Dev Shah is asked to remove a cyst named Egbert.
10.00 **Dating Naked UK** Reality dating show hosted by Rylan Clark.
11.00 **Aussie Shore** Eleven fun-loving housemates enter a house in Cairns.
12.00 M'T **MTV Family Legacy**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of the series.
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold Rush: White Water**
5.00 **Deadliest Catch** When Keith's winch seizes, the *Wizard* crew work hard to retrieve their pots.
6.00 **Wheeler Dealers** Mike discovers a true Japanese legend from the 1990s, the Nissan 300ZX twin turbo.

10.00 Six Schizophrenic Brothers

7.00 **Salvage Hunters** Drew Pritchard explores a travelling vintage funfair, a Windsor pub where everything is for sale.

8.00 **Gold Rush** Mitch Blaschke steps in as mine boss for the day and encounters broken water pumps, rock trucks and excavators.

9.00 **Expedition Files** New edition Clues from the Zodiac Killer are deciphered, and a million-dollar treasure is revealed.

10.00 NEW SERIES **Six Schizophrenic Brothers** The harrowing true story of the Galvin family from Colorado Springs.

11.00 **Mystery at Blind Frog Ranch** The team try a dangerous manoeuvre on the trail of the Lost Rhoades Mine to access the Mormon Eye cave.
12.00 M'T **Mountain Monsters**
1.00 AM **Expedition Files**
2.00 **Six Schizophrenic Brothers**
3.00 **to 5.00** AM **Gold Rush**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** A shark tank.
9.00 **Pit Bulls & Parolees**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Tanked**
1.00 PM **Life at Vet University**
2.00 **Wild Dubai** Documentary.
3.00 **Deadliest Sharks**
4.00 **My Cat from Hell** Jackson helps a good cat stand up to its two feline attackers.
5.00 **Animal Cops Philadelphia** A cat is trapped in a drain.
6.00 **Tanked** Brett and Wayde to build a wrestling-themed tank for WWE star Chris Jericho.

8.00 Legends of the Wild

7.00 **Pit Bulls & Parolees** Earl returns from rehab, while Lizzy rescues a dog after a confrontation with the owner who abandoned it.

8.00 **Legends of the Wild** Investigating the mysterious deaths of crocodiles in Australia's Northern Territory.

9.00 **Legends of the Wild** In the jungles of Luzon Province, locals believe a vampire-like evil spirit is picking off villagers.

10.00 **Alaska: Surviving the Last Frontier** Greg sets out on a mountain goat hunt despite never having fired a gun before.

11.00 **Wild Mexico** The wildlife of the North American country.
12.00 M'T **Sharks of the Shadowlands** The behavioural patterns of sevengill sharks.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Hitler's Last Stand**
11.00 **Plane Crash Recreated**
12.00 NOON **Car S.O.S**
1.00 PM **Mutant Weather**
2.00 **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures: America's War**
5.00 **Car S.O.S** A VW Dune Buggy.
6.00 **Lost Treasures of Egypt** Archaeologists investigate Tutankhamun's small tomb.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** A DC-8 with just three working engines crashes during take-off, killing all three pilots.

8.00 **Air Crash Investigation** Investigators are stumped when two planes collide while flying in the skies over southern Germany.

9.00 **Titanic: The Final Secret** How Dr Robert Ballard inadvertently located the wreck while conducting a covert investigation.

10.00 **Destruction Decoded** A look into the stories behind 10 infamous train and plane disasters.

11.00 **Air Crash Investigation** Investigating the crash of United Airlines Flight 173 in Oregon.
12.00 M'T **Car S.O.S**
2.00 AM **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Swamp People**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Beyond the Myth: SS Unveiled** Double bill.
4.00 **Secrets of Great British Castles** Stirling Castle.
5.00 **Pawn Stars** As 2.00am.
6.00 **American Pickers**

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** The smiths recreate the sword wielded by Napoleon and turn a ladder into a set of Damascus knives.

8.00 **River Hunters** Beau Ouimette and Rick Edwards take on the River Wear, seeking artefacts spanning Durham's past.

9.00 **Combat Ships** New edition A look at how revolutionary ship design helped England to defeat the Spanish Armada.

10.00 **Ancient Aliens: Origins** New edition The idea that beings from beyond Earth have imparted knowledge to humanity.

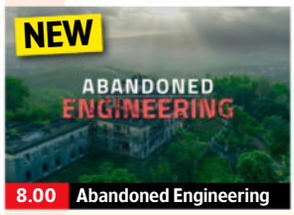
12.00 M'T **Paranormal Survivor** The difference between evil entities and protective ghosts.
1.00 AM **Rust Valley Restorers**
2.00 **Pawn Stars** The guys hold a Christmas barbecue.
3.00 **Ramses the Great: King of Ancient Egypt**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Turkey with Simon Reeve** As shown at 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop** The task of reassembling an L39 Jet.
5.00 **World War Two from Above**
6.00 **Antiques Roadshow** Fiona Bruce presents from Crathes Castle in Aberdeenshire.



8.00 Abandoned Engineering

7.00 **Our Guy in Japan** 2/2. Guy visits a slum in Yokohama, where he visits the yakuza-organised crime gang headquarters.

8.00 NEW SERIES **Abandoned Engineering** Exploring a town in Oklahoma so wealthy it inspired a Hollywood film.

9.00 **Abandoned Engineering** Exploring the remains of Old Essex County Jail, a facility that became a powder keg of injustice.

10.00 **Bangers & Cash** Paul collects a 1971 Jaguar E-Type and a 1933 Morgan three-wheeler Supersport.

11.00 **Find It, Fix It, Flog It** Simon thinks he has found a Tudor relic in Somerset.
12.00 M'T **Turkey with Simon Reeve** Exploring the country that lies at the crossroads between Europe and Asia.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Friday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** A shed full of vintage motorcycles and intriguing memorabilia. **8.30** A magnificent collection of World War Two vehicles.
9.00 **The Repair Shop** An art conservator is tasked with restoring a childhood painting. **10.00** Metalwork expert Dominic restores an incredible 100-year-old banana barrow.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Love, Honor, Betray** True-crime.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Adele Bellis.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Death by Fame** New edition
10.00 **Death by Fame**
11.00 **Murder on CCTV**
12.00 M'T **Shamima Begum: A Faking It Special**
1.00 AM **Ted Bundy: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** A look into the murder of Helen Torbet in 1993.
8.00 **48 Hours** New edition When Ray Wright suddenly lost contact with his family, they knew something was wrong.
9.00 **Fatal Attraction** New edition When single mother Amber Owens disappears, police uncover a slew of complex relationships.
10.00 **Killer Kids** The murder of Jamie Bulger.
11.00 **Handsome Devils**
12.00 M'T **Murder: First on Scene** A body is found by a river in Cumbria – 70 miles from home.
1.00 AM **Fatal Attraction**
2.00 **Killer Kids** As 10.00pm.
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Double bill.
11.00 **Medical Detectives**
2.00 PM **Murder: Fight for the Truth** Double bill.
4.00 **Medical Detectives** A neighbour witnesses a man stab and drown his wife in their pool. **4.30** Blood evidence contradicts a man's story about his wife's murder. **5.00** An investigation into the death of a little girl. **5.30** Using science to find the killer of a battered teenager. **6.00** When an off-duty policeman is shot dead, his colleagues are set on finding out why. **6.30** Police use evidence inside a submerged car to track down the driver.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Girl on the Milk Carton** 1&2/2.
11.15 **The Killer Within**
12.15 AM **World's Most Evil...**
1.10 **How I Caught the Killer**
2.05 **Snapped** Double bill.
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **When Patsy Cline Was Crazy**
9.25 **Forgotten Soldier**
11.00 **Kokoda: The Spirit Lives**
1.00 PM **When Patsy Cline Was Crazy**
2.10 **Forgotten Soldier**
3.50 **Kokoda: The Spirit Lives**
5.55 **When Patsy Cline Was Crazy** A profile of the American country music singer. With contributions by Kacey Musgraves and Reba McEntire.
7.05 **Forgotten Soldier** Lady Irene Hatter uncovers the truth behind her father's bravery during World War Two.
8.45 **Kokoda: The Spirit Lives** Patrick Lindsay draws on over 100 participant interviews to examine the Kokoda Campaign.
10.50 **When Patsy Cline Was Crazy** As 5.55pm.
12.00 M'T **Forgotten Soldier**
1.30 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Glenn Close**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Spector** As 7.00pm.
11.00 **The Man Who Played with Fire**
12.00 NOON **FILM The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★
2.00 PM **The Truth vs Alex Jones**
4.10 **The Directors**
5.00 **Discovering: Glenn Close**
6.00 **The Vietnam War**
7.00 **Spector** 4/4. Spector is finally convicted after a second trial.
8.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
10.00 **Chernobyl: The Lost Tapes**
12.00 M'T **I Am Richard Pryor**
1.45 AM **My Icon: John Amaechi**
2.00 **NEW 38 at the Garden** Following the cultural impact of NBA trailblazer Jeremy Lin.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Glenn Close**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
6.30 **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **Extreme Snakes: Africa**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **The Wadden Sea**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Cub Camp** Cameras follow Yasmine and Yara's kindergarten power struggle.
9.00 **Malawi Wildlife Rescue**
10.00 **Brazil Untamed**
11.00 **The Wadden Sea**
12.00 M'T **Extreme Snakes: Africa**
1.00 AM **Evolution Earth**
2.00 **Cub Camp**
3.00 **Malawi Wildlife Rescue**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Celts: The Untold Story**
2.00 **Digging for Britain**
3.00 **Lost Cities of the Trojans**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **Weird or What? With William Shatner** Ancient mysteries. **9.00** A look at whether the human mind has powers beyond normal comprehension.
10.00 **History's Greatest Mysteries** How an unassuming family home on Long Island became the most notorious house in America.
11.00 **The Witches of Salem**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Instruments of Death**
4.00 **UFO Encounters UK**
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad with Will Mellor** Mark Standen.
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad with Will Mellor** Rodney Whitchelo.
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Court Cam** New editions
10.00 **Phrogging: Hider in My House**
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Court Cam**
2.00 **Interrogation Cam**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **The Hummingbird Effect**
3.00 **Paradise Islands**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** Simon takes on a big green mamba. **7.00** The team get a call from a wildlife rescue expert with a crocodile on his hands.
8.00 **Savage Kingdom** Lioness Tsebe holds the Northern Brothers at bay until they prove worthy to father her new dynasty. **9.00** Lioness Thata risks everything to save her pride.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **UFOs Over Phoenix**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** Chuck receives a map supposedly leading him to recovered materials from the Roswell incident.
8.00 **UFOs Over Phoenix** The mysterious sighting of lights over Phoenix in 1997, for which officials have failed to come up with a reasonable explanation.
9.00 **Salvage Hunters: Classic Cars** Paul Cowland sees big potential in a MGA 1600.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Great British Railway Journeys** Eight editions.
1.00 PM **Great British Railway Journeys** Eight editions.
5.00 **The Bill** *Eye-Witness:* A man is attacked by football hooligans. **5.30** *Sufficient Evidence:* Quinnan attends a noisy party where he proceeds to frame one of the partygoers. **6.00** *Forget-Me-Not:* WPC Marshall's violent ex-husband arrives at Sun Hill looking for her. **6.30** *Something to Remember:* PC Quinnan receives a commendation – much to the disgust of Sergeant Penny.
7.00 **Pointless** Double bill of the general knowledge quiz show.
9.00 **The Brokenwood Mysteries** *Something Nasty at the Market:* 4/6. A farmer's market owner is found murdered. (S7)
11.00 **The Bill** Four episodes.
1.05 AM **Pointless** Double bill.
3.00 **The Brokenwood Mysteries**
4.40 **Great British Railway Journeys**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Web of Lies**
9.00 **Homicide City**
11.00 **Murder in the Heartland**
1.00 PM **Murder Loves Company**
3.00 **Obsession: Dark Desires**
5.00 **Murder Comes to Town**
7.00 **Murder Under the Friday Night Lights** A popular teenage dancer suddenly disappears one day after practice.
8.00 **Hometown Homicide: Local Mysteries** Exploring the story of a woman who vanished in Wisconsin.
9.00 **People Magazine Investigates** A nine-year-old is snatched from her bed during the night. **10.00** For years, a killer stalks unsuspecting elderly victims.
11.00 **Obsession: Dark Desires**
12.00 M'T **Evil Lives Here: Shadows of Death** Double bill.
2.00 AM **Murder Comes to Town**
4.00 **Murder Under the Friday Night Lights** As 7.00pm.
5.00 **to 6.00** AM **Hometown Homicide: Local Mysteries**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV for the Cog racing team.
9.00 **Iron Resurrection** Joe and the crew put the finishing touches on the 1965 Riviera.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

7.00 AM **Noah's Ark** As 5.45am.
8.40 **PREMIERE Sneaks** (2025)
10.20 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
11.55 **The Good Half** Drama. (2023, 15, 96min) ★★★
1.35 PM **The Wasp** As 10.20pm.
3.15 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
6.25 **PREMIERE Sneaks** Animation featuring the voice of Anthony Mackie. (2025, PG, 95min) ★★

6.25 Sneaks

8.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

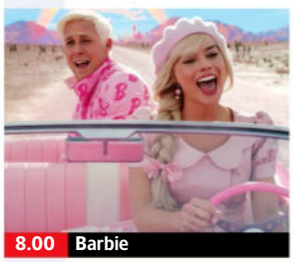
10.20 The Wasp Thriller starring Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **AfrAid** Sci-fi horror. (2024, 15, 84min) ★★
1.40 AM **Blood for Dust** Action thriller starring Scoot McNairy. (2023, 15, 98min) ★★★
3.25 **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)
5.25 **The Cinema List: Women Oscar Winners**
5.45 **to 7.25** AM **Noah's Ark** Animation. (2024, U, 96min)

Sky Cinema Hits

303 403 503 517

6.00 AM **Black Dog** As 5.10am.
7.40 **Moving On** As 2.50am.
9.10 **Lee** Biopic with Kate Winslet. (2023, 15, 117min) ★★★
11.10 **One Life** Historical drama. (2023, 12, 105min) ★★★★
1.10 PM **Charlie Wilson's War**
3.05 **Oppenheimer** Epic biopic starring Cillian Murphy. (2023, 15, 180min) ★★★★★
6.05 **Click** Comedy starring Adam Sandler and Kate Beckinsale. (2006, 12, 103min) ★★★★



8.00 Barbie

8.00 Barbie Fantasy comedy starring Margot Robbie and Ryan Gosling. The living doll's perfect life is turned upside down when she suffers an existential crisis. (2023, 12, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Wolf of Wall Street Martin Scorsese's fact-based drama starring Leonardo DiCaprio and Jonah Hill. A New York stockbroker lives a life of debauchery as he gets rich through illegal trading. (2013, 18, 176min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Charlie Wilson's War** Satirical political comedy. (2007, 15, 97min) ★★★★
2.50 **Moving On** Comedy. (2022, 15, 85min) ★★★
4.30 **Sky Cinema Preview**
5.10 **to 7.00** AM **Black Dog** Drama. (2023, 15, 96min) ★★★

Sky Cinema Drama

310 410 510 524

6.10 AM **Cicada** As 12.00m't.
8.00 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
10.25 **Save the Cinema** Fact-based drama. (2021, 12, 109min) ★★★
12.25 PM **A Sacrifice** Drama with Eric Bana. (2024, 15, 94min) ★★★
2.15 **Mass** Drama starring Jason Isaacs and Martha Plimpton. (2021, 12, 111 min) ★★★★★
4.20 **The Hanging Sun** Drama. (2022, 15, 93min) ★★
6.05 **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★
8.00 **The King's Speech** Royal drama starring Colin Firth and Geoffrey Rush. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. (2010, 12, 118min) ★★★★★
10.05 **Whiplash** Drama starring Miles Teller and JK Simmons. (2014, 15, 106min) ★★★★★
12.00 M'T **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
1.45 AM **Minyan** Social drama. (2020, 15, 130min) ★★★
3.50 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
5.40 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 411 511 525

6.25 AM **Sick** As 1.50am.
8.00 **The Pact** As 12.15am.
9.40 **Gothika** Horror chiller. (2003, 15, 98min) ★★★
11.25 **Dorian Gray** Gothic horror drama. (2009, 15, 112min) ★★★
1.25 PM **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
3.25 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
5.05 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
8.00 **Minority Report** Steven Spielberg's sci-fi thriller starring Tom Cruise. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then the chief of the Pre-Crime unit becomes a suspect himself. (2002, 12, 145min) ★★★★
10.35 **The First Purge** Thriller prequel with Y'lan Noel and Lex Scott Davis. (2018, 15, 98min) ★★
12.15 AM **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
1.50 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
3.15 **Hannibal Rising** Thriller prequel. (2007, 18, 116min) ★★★
5.25 **to 7.45** AM **Concrete Utopia** Drama. (2023, 15) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.50 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
9.35 **Ghost Squad** As 9.20pm.
11.05 **Robo-Dog: Airborne** (2017)
12.40 PM **The Addams Family** Comedy. (1991, PG) ★★★★
2.35 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
4.00 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
5.40 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★

9.20 Ghost Squad

7.45 **Beethoven** Comedy about a shaggy dog that wins a family's love by destroying their home. Stars Charles Grodin. (1992, U, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Ghost Squad** Fantasy adventure starring Will Spencer. Three boys are dared to spend the night in a spooky house. (2015, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Robo-Dog: Airborne** Family adventure sequel starring Michael Campion. (2017, U, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Harriet the Spy** Comedy. (1996, PG, 97min) ★★★★
2.20 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
3.55 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
5.30 **to 7.10** AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★

Sky Cinema Action

307 407 507 521

6.55 AM **Furiosa: A Mad Max Saga**
9.30 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
12.00 NOON **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
2.00 PM **Bad Boys: Ride or Die** Action comedy adventure. (2024, 15, 115min) ★★★
4.05 **Mission: Impossible II** Action thriller sequel. (2000, 15, 124min) ★★★
6.20 **The Mechanic** Action thriller. (2011, 15, 93min) ★★

6.20 The Mechanic

8.00 **Fast X** Action thriller sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Michelle Rodriguez, Jason Statham and Jordana Brewster (2023, 12, 141min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Mission: Impossible III** Action thriller starring Tom Cruise. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Bloodshot** Sci-fi thriller starring Vin Diesel and Guy Pearce. (2020, 12, 109min) ★★
2.35 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2023, 15, 148min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

7.10 AM **Sumotherhood** (2023)
8.55 **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★
10.50 **The Invention of Lying** Comedy. (2009, 12) ★★★★
12.35 PM **Ride Along** Comedy. (2014, 12, 97min) ★★
2.20 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
4.10 **Trainwreck** Comedy drama. (2015, 15, 124min) ★★★
6.20 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★

8.00 Miss Congeniality

8.00 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
1.55 AM **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
3.40 **Sumotherhood** Comedy drama. (2023, 15, 97min) ★★★
5.20 **to 7.25** AM **Trainwreck**

Sky Cinema Gangsters

309 409 509 523

6.10 AM **The Cinema List**
6.30 **Pain & Gain** As 2.05am.
8.40 **Once Upon a Time in Mexico** Thriller. (2003, 15) ★★★
10.25 **Ruthless** (2023, 15) ★★★
12.05 PM **Gran Torino** Drama. (2008, 15, 116min) ★★★★
2.05 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.00 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
5.50 **John Wick: Chapter 2** Action sequel. (2017, 15) ★★★★

8.00 The Equalizer 3

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. With Eugenio Mastrandrea. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Italian Job** Thriller inspired by the 1960s crime caper. (2003, 12, 110min) ★★★
2.05 **Pain & Gain** Dark comedy. (2013, 15, 124min) ★★★
4.25 **The Cinema List: Thrillers**
4.45 **to 6.55** AM **The Canton Godfather** Action comedy. (1989, PG, 122min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Fire Down Below** Action drama. (1957, PG, 116min) ★★★
1.20 PM **The Fallen Idol** Drama. (1948, b/w, PG, 91min) ★★★
3.15 **Two-Way Stretch** Comedy starring Peter Sellers. (1959, b/w, U, 87min) ★★★★★
5.00 **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
7.05 **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★

11.45 Patriot Games

8 PM **10 Things I Hate About You** (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Ambulance** Crime drama starring Jake Gyllenhaal. A man desperate for money asks for help from his adoptive brother, a criminal who instead offers him a score, but their getaway goes wrong. With Yahya Abdul-Mateen II. (2022, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.45** **Patriot Games** Thriller starring Harrison Ford. A retired CIA agent becomes the target of a vengeful IRA man after foiling an assassination attempt on a British politician. (1992, 15, 116min) ★★★
2.00 **to 3.55** AM **Down Terrace** Ben Wheatley's comedy thriller starring Robin and Robert Hill. (2009, 15, 89min) ★★

+1 hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

7.45 AM **Sky Cinema Preview**
8.05 **Turtles All the Way Down**
10.00 **The Hanging Sun** As 1.10am.
11.50 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
1.50 PM **The Bourne Supremacy** Thriller sequel with Matt Damon. (2004, 12, 108min) ★★★★
3.40 **The Bourne Ultimatum** Thriller sequel starring Matt Damon. (2007, 12, 115min) ★★★★
5.40 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★★
8.00 **Ready Player One** Steven Spielberg's sci-fi adventure with Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
10.20 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
1.10 AM **The Hanging Sun** Drama starring Alessandro Borghi. (2022, 15, 93min) ★★
2.55 **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
5.05 **to 7.00** AM **Turtles All the Way Down** Romantic drama. (2024, 12, 111min) ★★★★

Sky Cinema Greats

304 404 504 518

6.25 AM **Jackie Chan's Police Story**
8.10 **Jackie Chan's Police Story 2**
10.15 **Zulu** As shown at 11.45pm.
12.35 PM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
2.20 **Back to the Future Part II** Time-travel comedy sequel. (1989, PG, 107min) ★★★★
4.10 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
6.10 **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
8.00 **Back to the Future Part III** Comedy adventure sequel with Michael J Fox and Christopher Lloyd. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★
10.00 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
11.45 **Zulu** Epic historical adventure. (1963, PG, 138min) ★★★★★
2.05 AM **Jackie Chan's Police Story** Martial arts comedy thriller. (1985, 15, 98min) ★★★★
3.50 **Sky Cinema Preview**
4.25 **to 6.35** AM **Jackie Chan's Police Story 2** Martial arts comedy thriller sequel. (1988, 15, 91min) ★★★

Sky Cinema Animation

305 412 500 514

6.30 AM **DC Super Hero Girls...**
7.55 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
9.40 **Extinct** Animated adventure. (2021, U, 84min) ★★★
11.15 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
12.40 PM **Migration** Animated family comedy. (2023, U, 83min) ★★★
2.15 **The Prince of Egypt** Animation. (1998, U, 99min) ★★★★
4.00 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
6.00 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
7.50 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
9.20 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
11.20 **Maya the Bee** (2014, U) ★★
1.00 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
2.25 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
4.00 **The Road to El Dorado** Animation. (2000, U) ★★★
5.40 **to 7.15** AM **Mia and Me: The Hero of Centopia** Animation. (2022, U, 85min) ★★★

Movies 24

312 419

7.00 AM **The Story of Love** Comedy. (2022, PG, 91min) ★★
9.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
11.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
1.00 PM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★
3.00 **Perfect Harmony** Romantic comedy. (2022, PG, 84min) ★★
5.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
7.00 **To Her, With Love** Romantic drama starring Skye P Marshall. (2022, PG, 84min) ★★
9.00 **For The Love of Lily** Romantic drama starring Ashton Leigh and Britton Webb. A consultant reluctantly joins forces with a florist to add natural beauty to her office. With Michael Tibbetts. (2024, PG, 90min) ★★
11.00 **Aloha Heart** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Betty's Bad Luck In Love** Romantic comedy starring Laci J Mailey. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Shipmates O'Mine** Musical. (1936, b/w, U, 87min) ★★★
7.40 **Crow Hollow** (1951, b/w, PG) ★★
9.00 **The Third Alibi** Crime thriller. (1961, b/w, PG, 68min) ★★★
10.20 **The Time of His Life** Comedy. (1955, b/w, U, 74min) ★★★
11.50 **The Body Vanished** Mystery. (1939, b/w, PG, 44min) ★★★
12.50 PM **Five Days** Crime drama. (1954, b/w, PG, 75min) ★★★
2.20 **Sister Kenny** Biographical drama. (1946, b/w, U, 115min) ★
4.35 **The Weak and the Wicked** Drama. (1953, b/w, PG, 84min) ★
6.20 **Blanche Fury** Gothic melodrama with Valerie Hobson. (1947, PG, 90min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 3/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **One Dark Night** Horror starring Meg Tilly. (1983, 18, 89min) ★
11.55 **Cellar Club with Caroline Munro**
12.00 M'T **The Day of the Triffids** Thriller. (1962, 12, 95min) ★★
2.00 AM **A Fire Has Been Arranged** Comedy. (1935, b/w, U) ★★
3.20 **The Curse of the Wraydons** Drama. (1946, b/w, PG) ★★★
5.15 **Look at Life**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 LIVE **DP World Tour Golf** Coverage of the second day of the Hero Indian Open from DLF Golf and Country Club in Gurgaon.
12.30 PM LIVE **PGA Tour Golf** Coverage of day two of the Texas Children's Houston Open from Memorial Park Golf Course.
2.00 LIVE **Indian Premier League Chennai Super Kings v Royal Challengers Bengaluru.** The T20 match staged at M. A. Chidambaram Stadium, Chennai.
6.00 LIVE **PGA Tour Golf** Further coverage of the second day of the Texas Children's Houston Open.
7.00 LIVE **EFL Sheffield United v Coventry City.** Coverage of the Championship match staged at Bramall Lane. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Coverage of the men's semi-finals on day 11 of the Miami Open.
1.00 AM LIVE **NCAA Basketball** Coverage of the Sweet Sixteen matches in the South and Midwest regional sections of the NCAA college basketball tournament.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
5.00 **Premier League Best Goals**
6.00 **Premier League 100 Club**
6.30 **Premier League 100: Michael Owen** The former Liverpool striker reflects on his career.
7.00 **The Big Interview** An interview with a Premier League player from the past or present.
7.30 **Premier League Stories** An interview with Eduardo Da Silva.
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at the 1995/96 season.
1.00 AM **PL Retro** West Ham United v Tottenham Hotspur from 2007.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2023/24**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2016/17 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2018 final.
12.00 NOON **EFL** Recent action.
2.00 PM **EFL Highlights**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.30 **Bundesliga Weekly**
5.00 **EFL Highlights** Championship.
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights** Championship.
7.00 LIVE **EFL Sheffield United v Coventry City.** Coverage of the Championship match staged at Bramall Lane. The Blades are one of three teams competing for two automatic promotion places. However, the Sky Blues have been in magnificent form since the turn of the year and have surged up the table to compete for a play-off berth. Kick-off **8.00pm**.
10.30 **EFL Highlights** League One.
10.45 **Henrik Larsson: 20 Years On**
11.45 **EFL Greatest Games**
12.00 M'T **EFL Cup** The 2018 final.
2.00 AM **EFL Trophy** The 2024 final.
2.30 **EFL Greatest Games**
4.00 **EFL** The 2017/18 season.
4.30 **Jimmy Glass: The Great Escape**
5.00 **to 6.00** AM **SPFL**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Sunrisers Hyderabad v Lucknow Super Giants.
10.10 **Ashes Greats** Archive action.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent highlights.
1.50 PM LIVE **Indian Premier League Chennai Super Kings v Royal Challengers Bengaluru.** The T20 match from M. A. Chidambaram Stadium, Chennai. This meeting last season saw the Super Kings take the victory with a win over their opponents, claiming victory by six wickets. Bengaluru made 173-6 batting first but Chennai chased their total down easily, losing just four wickets in their chase and winning with eight balls to spare.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Sunrisers Hyderabad v Lucknow Super Giants. **8.00** Chennai Super Kings v Royal Challengers Bengaluru. **9.00** Highlights of Rajasthan Royals v Kolkata Knight Riders.
10.00 **IPL** Recent highlights from India.
5.10 AM **Ashes Greats** Archive action.
5.30 **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Asian Tour Golf**
7.00 **Tour Golf Highlights**
7.30 LIVE **DP World Tour Golf** Day two of the Hero Indian Open at DLF Golf and Country Club in Gurgaon, where Japan's Keita Nakajima claimed victory last year.
12.30 PM LIVE **PGA Tour Golf** Coverage of the second day of the Texas Children's Houston Open from Memorial Park Golf Course.
8.00 LIVE **PGA Tour Golf** Further coverage of the second day of the Texas Children's Houston Open from Memorial Park Golf Course.
11.00 LIVE **LPGA Tour Golf** Day two of the Ford Championship presented by Wild Horse Pass at Whirlwind Golf Club in Arizona.
1.00 AM **Ladies European Tour Golf**
2.00 **PGA Tour Champions**
3.00 **PGA Tour Golf**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Indian Wells Open.
7.00 **WTA & ATP Tennis**
11.00 **WTA Tennis** Recent highlights.
11.30 **Tennis** The Indian Wells Open.
1.00 PM **WTA & ATP Tennis**
5.00 LIVE **WTA & ATP Tennis** The women's doubles semi-finals on day 11 of the Miami Open from Miami Gardens in Florida.
7.00 LIVE **WTA & ATP Tennis** Coverage of the men's semi-finals on day 11 of the Miami Open.
1.00 AM **ATP Tennis**
3.00 **Billie Jean King: My Story**
3.15 **Martina Navratilova**
3.30 **ATP Sizzle Reel 2024**
3.45 **WTA Sizzle Reel 2024**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Discovery Golf**
6.30 **AFL** A chance to see Essendon Bombers v Port Adelaide Power.
8.30 LIVE **AFL Carlton Blues v Western Bulldogs.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **8.40am**.
11.30 **TNT Sports Cricket Reload**
11.45 **Discovery Golf**
12.15 PM **Cycling** Tour of Catalunya.
1.15 LIVE **Cycling** The fifth stage of the Tour of Catalunya, starting in Paulls and finishing in Amposta.
3.15 LIVE **Cycling** Coverage of the E3 Saxo Classic from Flanders.
5.00 **Discovery Golf**
5.30 **Isuzu UTE A-League** Highlights of Macarthur FC v Newcastle Jets.
6.30 **Premier League: Big Interview** An interview with a Premier League star of the past or present.
7.00 LIVE **Gallagher Premiership Rugby Union Sale Sharks v Northampton Saints.** Coverage of the game at Salford Community Stadium. Kick-off **7.45pm**.
10.00 PM **to 6.30** AM LIVE **One Day International Cricket New Zealand v Pakistan.** Coverage of the first ODI in the three-match series at McLean Park in Napier.

TNT Sports 2

411 871 522 409 431

6.00 AM LIVE **HSBC SVNS** Coverage of the first day of the fifth round of the season staged at Kai Tak Sports Park in Hong Kong.
1.00 PM **The Rugby Review**
1.45 **MotoGP Rewind**
2.00 LIVE **MotoGP** Coverage of the Grand Prix of the Americas MotoGP, Moto2 and Moto3 free practice sessions from the third round of the season at Circuit of the Americas in Austin, Texas.
4.45 **MLB Highlights**
5.45 **Discovery Golf**
6.15 LIVE **MotoGP** Coverage of the Grand Prix of the Americas MotoGP, Moto2 and Moto3 first practice sessions from the third round of the season at Circuit of the Americas in Austin, Texas.
9.15 **Cycling** The E3 Saxo Classic.
10.15 **UEFA Champions League Magazine** The latest news.
10.45 **Isuzu UTE A-League**
11.45 **Premiership Rugby Union**
12.45 AM **TNT Sports Reload**
1.00 **Discovery Golf**
1.30 **to 6.00** AM LIVE **HSBC SVNS** The first session on day two of the fifth round of the season at Kai Tak Sports Park in Hong Kong.

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Hurricanes v NSW Waratahs.** From Sky Stadium in Wellington, New Zealand. Kick-off **6.05am**.
8.00 **Fight Night International**
9.00 LIVE **NRL Dolphins v Brisbane Broncos.** The match in the fourth round of fixtures from Suncorp Stadium. Kick-off **9.00am**.
11.00 **Fight Night International**
12.00 NOON **Good Morning Football**
2.00 PM **Super League Highlights**
2.45 **Women's Super League**
3.00 **Fight Night International**
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **NFL Bitesize Highlights**
5.30 **NBC's Pro-Football Talk**
7.30 LIVE **Super League Warrington Wolves v Leeds Rhinos.** The match from the sixth round of fixtures at Halliwell Jones Stadium. Kick-off **8.00pm**.
11.00 **The Insiders** NFL news.
12.00 M'T **Top Rank Boxing Archive**
1.00 AM **Super League**
3.45 **Super League Highlights**
4.30 **Women's Super League**
4.45 **Super League Highlights**
5.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **Sports Centre**
7.00 **My Icon** Chris Powell.
7.15 **Bundesliga Top 5 Brazilian Goals** Archive highlights.
7.20 LIVE **Bundesliga Bayer Leverkusen v VfL Bochum.** Coverage of the German top-flight match from BayArena. An 89th-minute equaliser from Koji Miyoshi earned Bochum a 1-1 draw against last season's champions in November's reverse fixture. Kick-off **7.30pm**.
9.30 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 LIVE **NCAA Basketball** Coverage of the Sweet Sixteen matches in the South and Midwest regional sections of the NCAA college basketball tournament. The winners of today's matches progress to the Elite Eight on Sunday, and will be one step away from the prestigious Final Four.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM LIVE **Super Rugby Hurricanes v NSW Waratahs.** At Sky Stadium. Kick-off **6.05am**.
8.00 **Super League Highlights**
8.30 LIVE **Super Rugby Brumbies v Highlanders.** Kick-off **8.35am**.
10.30 **Premier League Darts**
2.30 PM **Super League Highlights**
3.00 **The Rugby Championship**
5.00 **Super League Highlights**
5.30 **Fight Night International**
6.30 **Super League Highlights**
6.45 **My Icon** Pam Cookey.
6.55 LIVE **Netball Super League London Pulse v London Mavericks.** Centre-pass **7.00pm**.
8.30 **Top Rank Boxing Archive**
9.15 **My Icon** Pam Cookey.
9.30 **Super League Highlights**
10.00 **The Rugby Championship**
12.00 M'T **One Championship Weekly**
12.30 AM **Top Rank Boxing Archive**
1.15 **My Icon** Pam Cookey.
1.30 **Fight Night** Jonas v Price.
2.30 **Fight Night International**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Champions League**
8.00 LIVE **A-League W Western Sydney Wanderers v Sydney FC.**
10.00 **The Pioneers** Thierry Henry.
10.15 **MotoGP Rewind**
10.30 LIVE **Superbike World Championship** From Portugal.
11.30 **WRC Review** Safari Rally Kenya.
12.30 PM **TNT Sports Reload**
12.45 **Premier League Features**
1.45 LIVE **Superbike World Championship** From Portugal.
3.45 **TNT Sports Reload**
4.00 LIVE **Superbike World Championship** From Portugal.
4.30 **NBA Action** Highlights.
7.00 **Cycling** The Tour of Catalunya.
8.00 LIVE **MLB Tampa Bay Rays v Colorado Rockies.**
11.15 **TNT Sports Reload**
11.30 **Champions League Magazine**
12.00 M'T LIVE **NWSL Washington Spirit v Bay FC.** Kick-off **12m't**.
2.15 **to 5.00** AM LIVE **AFL Melbourne Demons v Gold Coast Suns.**

TNT Sports 4

414 876 524 411 434

6.00 AM **Freestyle Skiing**
6.30 **Alpine Skiing** From Idaho.
8.30 LIVE **Isuzu UTE A-League Macarthur FC v Newcastle Jets.**
10.30 **Women's Champions League**
12.30 PM LIVE **Snowboarding** Coverage from Switzerland.
2.00 LIVE **Ski Jumping** The men's HS240 ski-flying event in Planica.
4.00 **Women's Champions League**
6.00 **Snowboarding** From Engadin.
6.30 LIVE **Snowboarding** Further coverage from Switzerland.
8.15 **Ski Jumping** From Planica.
9.15 **TNT Sports Reload**
9.30 **NBA on Fire** The latest news.
10.00 **AFL** Blues v Bulldogs.
12.00 M'T LIVE **NBA Milwaukee Bucks v New York Knicks.**
2.30 AM **NBA on Fire** The latest news.
3.00 **NBA Action** Highlights.
3.30 **MotoGP** The GP of America.
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Wellington Phoenix v Western Sydney Wanderers.**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **Sporting Greats**
8.00 **URC in 60** Recent action.
9.00 **NASCAR Highlights**
10.00 **World Surf League**
11.00 **Transworld Sport** Magazine.
12.00 NOON **LaLiga Highlights**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **LaLiga Specials**
4.00 **Cape to Cape** Action from 2024.
5.00 **World Surf League**
6.00 **URC in 60** Recent action.
7.00 LIVE **United Rugby Championship Ulster v Stormers.** Kick-off **7.35pm**.
10.00 **Top 14 Rugby Union Highlights**
10.30 **Sporting Countdowns**
11.00 **NHL Tonight** The top 50 players.
12.00 M'T LIVE **NHL Ice Hockey Winnipeg Jets v New Jersey Devils.** Face-off **12.00m't**.
3.00 AM **Sporting Countdowns**
4.00 **to 6.00** AM **FIM Sidecarcross**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Sevilla v Athletic Bilbao.
10.00 **Temples of Sport**
11.00 **NHL Ice Hockey**
1.00 PM **Football's Greatest**
2.00 **Elite Ice Hockey League** Glasgow Clan v Guildford Flames.
4.00 **GP Confidential**
4.30 **Bike World** Magazine.
5.00 **United Rugby Championship** A replay of Benetton v Edinburgh.
7.00 LIVE **United Rugby Championship Edinburgh v Dragons.** Coverage from DAM Health Stadium. Kick-off **7.35pm**.
10.00 **Temples of Sport** Iconic sporting venues from around the globe.
11.00 LIVE **NHL Ice Hockey Columbus Blue Jackets v Vancouver Canucks.** The inter-conference match at Nationwide Arena. Face-off **11.00pm**.
2.00 AM **NHL Tonight** Highlights.
3.00 **Temples of Sport**
3.30 **to 5.30** AM **NHL Tonight**

Sky Sports F1

406 516 506 424 444

6.00 AM **F1 Academy Highlights**
8.00 **F1 & the Silver Bullet**
8.15 **The F1 Wheelchair**
8.30 **Indycar** Action from California.
11.00 **F1 Academy** A race review.
11.30 **Formula 1** Chinese Grand Prix.
1.45 PM **72 Hours with Jack Doohan**
2.00 **Indycar** Action from California.
4.30 **F1 Academy Highlights**
7.00 **Formula 1** Highlights from the Chinese Grand Prix in Shanghai.
9.00 **F1 Academy** Chinese Grand Prix.
9.30 **Indycar** Highlights from the Thermal Club IndyCar Grand Prix.
12.00 M'T **Formula 1** From China.
1.00 **to 5.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

Crongton

BBC iPLAYER

Monday, 7pm, BBC3 & BBC iPlayer

From award-winning writer and comedian Archie Maddocks comes this comedy drama, based on the books by Alex Wheatle. Set on an urban housing estate, a group of kids have to navigate social politics and peer pressure, all while trying to find where they fit in a world that is full of possibility but also littered with danger.

Producers held an open-casting call for young actors, and the cast do great job of bringing the stories to life - particulary Samson Agboola (centre), who plays Lemar (aka Liccle Bit).

Andy and the Band: Rock Star School

BBC iPLAYER

Weekdays, 5.40pm, CBBC & BBC iPlayer

Andy and the Odd Socks' world tour is in jeopardy before it's even started! Taking a detour to say goodbye to Moxy's old teacher, the band discover that Ramshackle School is about to be closed down, and the kids need their help. Could the Odd Socks turn their hands to teaching to save the school? Watch out for guest stars including Kaiser Chiefs' Ricky Wilson.

More great shows to watch this week...

Sneaks

PREMIERE

Fri, 8.40am & 6.25pm, Sky Premiere

This superfun animated adventure features a designer sneaker called Ty (voiced by Anthony Mackie), who has to venture onto the streets of New York City and dig deep into his sole (get it?) to rescue his missing sister.

Swipe It! With Joe Tasker

Weekends, 2.45pm, POP/POP Player

YouTuber Joe Tasker attempts weird challenges, from the *Power Rangers Dino Fury* dance, to having a go at throwing a slider onto his own foot.

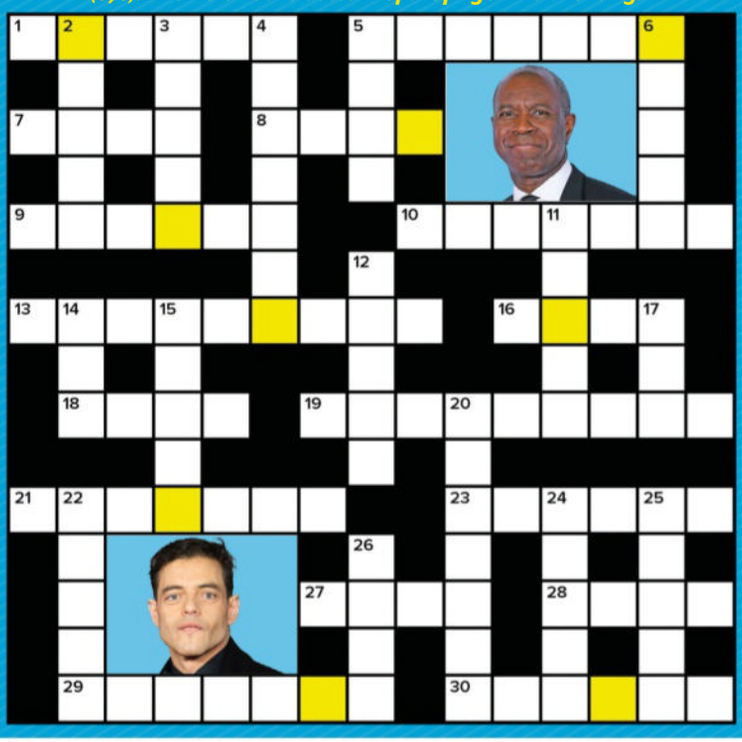
Draw with Will

From Mon, Sky Kids

Comic-book artist Will Sliney returns with more step-by-step guides on how to draw your favourite characters, from the Minions and Shrek, to Isadora Moon and BooSnoo!

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English comedian (3,6). Answers at the bottom of the page – no cheating!



ACROSS

1 Hit Roxy Music album from 1982, ------ (6)
5 1997 Jack Nicholson sci-fi comedy, *Mars* -------! (7)
7 Jack Donaghy in sitcom *30 Rock*, ---- Baldwin (4)
8 See picture clue: Actor in *Bohemian Rhapsody*, ---- Malek (4)
9 Crime drama with Emilia Fox, ------ *Witness* (6)
10 2016 comedy movie with Mila Kunis (3,4)
13 Former *Blue Peter* host, Valerie --------- (9)
16 Star of 2013 action film *World War Z*, ---- Pitt (4)
18 Star of *T2 Trainspotting*, ---- McGregor (4)
19 AJ ---------, former *Strictly Come Dancing* pro (9)
21 1988 biographical-drama film, *The Last* ------- (7)
23 Actor in 2014's *12 Years a Slave*, Lupita -----'- (5'1)
27 2016 *I'm a Celebrity...* participant, Larry ---- (4)
28 *If I* ----, 2014 drama with Chloë Grace Moretz (4)
29 Star of TV series *Boon*, Michael ------- (7)
30 2002 Julia Roberts film, *Ocean's* ------ (6)

DOWN

2 Four Seasons singer, Frankie ----- (5)
3 ----- *& Key*, Netflix fantasy-drama series (5)
4 Big -------, rapper and TV presenter (7)
5 *The White Stripes* song from 2003, Seven Nation ---- (4)
6 George Clooney and Mark Wahlberg film from 2000, *The Perfect* ----- (5)
11 Clay stop-motion character often seen with late TV host Tony Hart (5)
12 Ronnie Corbett sitcom (5)
14 US comedian and star of TV series *The Mindy Project*, --- Barinholtz (3)
15 Richard Wilson sitcom, *One Foot in the* ----- (5)
17 Karin ---, played Helga Brandt in 1967 Bond film *You Only Live Twice* (3)
20 Game show hosted by Warwick Davis (7)
22 See picture clue: Clive -----, *Mastermind* host (5)
24 US actor, playwright and director, ----- Davis (5)
25 2014 Nicole Kidman biopic, ----- *of Monaco* (5)
26 Star of comedy series *Fresh Meat*, ---- Whitehall (4)

WORDS BY LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, SKY KIDS.

CROSSWORD SOLUTION

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Coming soon

Tom Hardy as Walker

The film is full of action

FIRST LOOK

Havoc

Tom Hardy plays a haunted cop in a tense action thriller

Here's a sneak peek at Tom Hardy in Netflix's fast-paced drama about a US detective who lands himself in danger when underworld figures place his city under threat.

The one-off film, available from Friday 25 April and written and directed by *Gangs of London* co-creator Gareth Evans, sees Hardy as rule-breaking cop Walker, who faces a race against time to try to rescue the estranged son of a dodgy politician after a drug deal goes badly awry.

But troubled Walker's own past comes back to bite him as he begins to uncover a chilling conspiracy, while a ruthless crime gang is also out to make him pay, and his own colleagues are keen to bring him down.

TALENTED CAST

Jessie Mei Li plays Walker's new police partner Ellie, and Forest Whitaker, Timothy Olyphant, Justin Cornwell, Quelin Sepulveda, Luis Guzmán, Michelle Waterson, Sunny Pang, Jim Caesar, Xelia Mendes-Jones and Yann Yann Yeo co-star.

'*Havoc* is my love letter to the heroic bloodshed genre, the films that came out of Hong Kong in the 80s and 90s, but it's also a hard-boiled, noir-ish cop thriller,' says Evans. 'Walker is an antihero at times and tackles problems with brute force, and Tom brought all the shades of the character and a huge amount of physicality.'

WHAT'S NEXT FOR...

Davina McCall

In BBC1's dating series **Stranded on Honeymoon Island**, the presenter oversees proceedings as 12 singletons are paired up. After they marry, they must survive in a tropical paradise with limited resources.

Steve Carell

The actor will appear in an as-yet-untitled Sky film written and directed by *Succession* creator Jesse Armstrong, which co-stars Jason Schwartzman and follows billionaire pals during an international crisis.

Coming Back

Motherland spin-off **Amandaland** will return for a second run on BBC1 as divorcée Amanda (Lucy Punch) continues to make her mark, alongside pal Anne (Philippa Dunne) and mum Felicity (Dame Joanna Lumley).

Sanjeev Bhaskar and Sinéad Keenan are reprising their roles as DI Sunny Khan and DCI Jess James in a seventh series of ITV1 crime drama **Unforgotten**, in which the dogged cops will delve into another sensitive cold case.

Next week

On sale Tuesday 25 March

MobLand

Pierce Brosnan, Dame Helen Mirren and Tom Hardy star in Paramount+'s crime drama.

Dying for Sex

In Disney+'s drama, Michelle Williams plays a terminally ill woman exploring her sexuality.

Pulse

Set in a Miami trauma centre, Netflix's medical drama stars Colin Woodell and Willa Fitzgerald.

The Bondsman

A bounty hunter (Kevin Bacon) returns from the dead in Prime Video's horror thriller.

TV&Satellite week

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